

**Kola Saraswathi Vaishnav Senior Secondary School
No 41, Barnaby Road, Kilpauk, Chennai-10**

The Principal,

Dear Sir / Madam,

**Sub: GOLDEN ERA SPORTS GALA INTER SCHOOL SPORTS -
Boys and Girls.**

We take great pleasure in inviting you for the 'Golden Era Sports Gala' -Inter School Sports for boys and girls which will be held in our school campus, DG Vaishnav and SDAT Nehru Park on 5th, 6th, 7th and 8th of August 2024.

S.No	Sports/Games	Gender	Date	Venue
1	Athletics	Boys & Girls	05.08.2024	SDAT Nehru Park
2	Badminton	Boys & Girls	06.08.2024 & 07.08.2024	DG Vaishnav
3	Basketball	Boys & Girls	06.08.2024 to 08.08.2024	DG Vaishnav
4	Chess	Boys & Girls	06.08.2024 & 07.08.2024	KSV
5	Football	Boys & Girls	06.08.2024 to 07.08.2024	SDAT Nehru Park
6	Kho Kho	Boys & Girls	06.08.2024 to 08.08.2024	DG Vaishnav
7	Silambam	Boys & Girls	06.08.2024	DG Vaishnav
8	Table Tennis	Boys & Girls	07.08.2024, 08.08.2024	DG Vaishnav
9	Volleyball	Boys	06.08.2024 to 08.08.2024	DG Vaishnav
10	Volleyball	Girls	06.08.2024 to 08.08.2024	KSV
11	Yoga	Boys & Girls	07.08.2024 & 08.08.2024	KSV

- A school can send only one team for each game & two player for chess.
 - Best player in each game (except chess) will be awarded a cup and a certificate.
 - A Trophy will be awarded to the Winners and Runners–up in each game.
 - Prize distribution will be on 08.08.2024 at 4.00 p.m.
- Entries for the competitions can be mailed to sportsksv@kolasaraswathi.com
- Submit your original team entry form in the respective game venue
 - PLEASE SEE OVERLEAF FOR FURTHER PARTICULARS. LAST DATE FOR ENTRIES 01.08.2024

RULES AND REGULATIONS

1. The latest rules are applicable for all games and athletics.
2. Entry forms submitted after the due date will not be entertained.
3. Confirmation through telephone will not be accepted and Spot entries are not allowed.
4. The school team must be accompanied by P.D/ P.E.T/ Teacher in–charge. Parents are not allowed.
5. Participants should make their own arrangements for lunch etc.,
6. Fixtures will be given at the venue on the day of the Tournament.
7. All teams must be present at the respective venue by 7.00 am.
8. The team reporting late will not be entertained.
9. The decision of the Referee nominated by our committee will be final.
10. The decision of the tournament committee in all matters will be final.
11. Use separate entry forms for boys and girls.
12. Participants for Chess should bring their own chess board and clock.
13. Teams will not be allowed to participate without submitting the original entry forms.
14. Participants should not litter in the Campus.
15. Any breakage of school, College and Ground property has to be compensated.
16. Participants should carry their school identity card / Aadhar card with them.

NOTE: CONTACT PERSONS: - 1.Mr.Mahendran – 9840482813,
 2. Mr.Bharathi Mohan – 9940409396
 3. Mrs.Lashmi - 8248990174

**R.MEENA MEHTA
 PRINCIPAL**

BADMINTON

(BOYS & GIRLS)

1. Inter-School Badminton Tournament will be conducted according to the latest and revised rules of Badminton Association of Indian (BAI) with modifications wherever applicable.
2. Every school can send one team comprising of maximum four players, in Under 14, Under 17 Years separately in Boys“ & Girls“ category.
3. All the participants must carry their valid age proof certificate.
4. All the matches must be played on indoor courts with proper lighting arrangements.
5. In Team Championship, the order of play shall be: Singles – Doubles – Singles.
6. All the matches that are played on “knock-out basis” – shall be of best of three games of 15 points each, & a match is won with the difference of 02 points. In case, of 14 – all; the game shall continue; however, the player that reaches first at 19 points wins the match.

FOOTBALL SEVENS

(BOYS and GIRLS)

1. All the matches shall be played according to the latest and revised rules of All India Football Federation, with modifications wherever applicable.
2. A Football team shall consist of maximum 12 players. No player shall be allowed to take part in the Tournament without proper kit.
3. All the matches shall be played on Knock out basis. In case of draw match penalty sheet will be given.
4. Maximum five players can be substituted in a game.
5. Procedure to determine the winner of a match shall be on the basis of penalty kicks where the competition rules require their to be a winning team after a match has been drawn.
6. The referee shall choose the goal at which the penalty kicks have to be taken.

BASKETBALL
(BOYS & GIRLS)

1. The tournament will be conducted according to the latest and revised rules of Basketball Federation of India with modifications wherever applicable.
2. The number of players representing a school shall not be more than 12

KHO KHO

1. (BOYS & GIRLS)
2. The rules as adopted by the Kho Kho Federation of India apply, with modifications wherever applicable.
3. The number of players representing a school shall not be more than twelve

VOLLEYBALL

1. (BOYS & GIRLS)
2. The rules as adopted by the Volleyball Federation of India shall be followed, with modifications wherever applicable.
3. All the matches shall be played on knock out basis

TABLE TENNIS

1. (BOYS & GIRLS)
2. All the matches will be played according to the rules of the Table Tennis Federation of India (TTFI) as adopted by them from time to time, with modifications wherever applicable.
3. Every school can send one team comprising of maximum four players, in Under 14, Under 17 separately in Boys" & Girls" category.
4. The team shall consist of Maximum four & Minimum Three players.

CHESS

((BOYS & GIRLS))

1. Latest FIDE rules in force shall apply.
2. Players are requested to bring their own chess set.

YOGASANA
(Boys & Girls)

The competition shall be conducted according to the following rules:

1. The championship will be held in under 14 and under 17 years age category for boys & girls.
2. A team shall consist of maximum five players in each category (04 Playing + 01 Extra).
3. The competition will be held separately in Girls & Boys Category for "Team" & "Individual" Championships.

4. List of Asanas

Asanas (BOYS U- 17)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2. PurnaDhanurasana 3. Urdha kukutasana

4. Purna Matsyendrasana 5. Purna Shalabhasana 6. Mayurasana 7. Yoganidrasana 8. Vrischikasana 9. Kukkutasana 10 Ekapad Shirasana

FINAL ROUND

Surya Namaskar (12 Counts)

1. Purna Chakrasana 2. Baddha Vihangasan 3. Padhastasan 4. Uthito Kurmasan 5. Tittibhasana 6. Dimbasana 7. Setubandha Sarvangasana 8. Trivikramasan 9 Purna Shalabhasana, 10 Padam Vruschikasan

Asanas (GIRLS-U-

17) PRELIMINARY

Round)

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2. Vaghryasan 3. PurnaDhanurasana 4. Garvasan 5. Setubandhasana 6. Vrischikasana 7

Koundinyasana

8. Yoganidrasana 9. Ekapad Shirasana. 10. Kukkutasana

FINAL ROUND

Surya Namaskar (12 Counts)

1. Padahastasana 2. PuraUstrasana 3. Kukutasana

4. Birvadransana

5. Uthito Padahastasana 6. Natarajasana 7. Vatayanasana, 8. Ganda – bherunsasana , 9. Vatayanasana, 10. Dimbasana

Asanas (BOYS-U-14)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2. Matsyasana 3. Utkatasana 4. Eka- padasirasana 5. Purna Matsyendrasana 6. Uttita Padamasana 7.

Ustrasana , 8. Ekpada- Rajkapotsana 9. Pincha- Mayurasana,

10. Malayasana

FINAL ROUND

Surya Namaskar (12 Counts)

- 1.Purna Chakrasana
- 2 Tittibhasana
3. Garudasana
4. Ekpadashiraanushirasana
5. Karnapihasana
- 6.Bakasana ,
7. Purna Bhujangasana
8. Akarna Dhanurasana
9. Vetalasana
- 10.Gherandasana

Asanas(GIRLS-U-14)

PRELIMINARY Round

Surya Namaskar (12 Counts)

- Asanas: 1 PurnaDhanurasana 2. Garvasana 3. Eka-padasirasana
4.UttitaPadamasana 5. Matsyasana 6. Paschimottanasana 7. Halasana 8.
Viranchyasana 9.Pakshikasana 10.Parivritta-Vishwamitrasana

FINAL ROUND

Surya Namaskar (12 Counts)

- 1.Padahastasana
2. PuraUstrasana
- 3.Chatuskonasana
- 4.Bhumasana
- 5.Bakasana
6. PurnaBhujangasana
- Purna Chakrasana
8. Titivasana
- 9.Urdhva – Prasarita – Ekpadasana
10. Malayasana

SILAMBAM (BOYS & GIRLS)

1.U-17 - GIRLS

- Ottrai kombu - (Single STICK)
Erattai kombu-(Double Stick)

2.U-14 -GIRLS

- Ottrai kombu - (Single STICK)
Erattai kombu-(Double Stick)

3.U-14 -BOYS

- Ottrai kombu - (Single STICK)
Erattai kombu-(Double Stick)

4.U-17 - BOYS

- Ottrai kombu - (Single STICK)
Erattai kombu-(Double Stick)

- In each category form one school one student
- All students should compulsorily bring ID card
- No coach's allowed
- Single stick(ottrai kambu)- 1min30 sec.
- Double stick (erattai kambu)- 1min30 sec.
- All should bring own sticks etc.,

ATHLETICS
(BOYS & GIRLS)

1. The meet shall be conducted according to the latest and revised rules of Athletic Federation of India, with modifications wherever applicable.
2. An athlete can participate in maximum two individual events and in relay.
3. In case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who runs the finals, shall be awarded the Medals and Certificates.
4. The Overall Championship separately in boys and girls sections in all the age groups may be decided. The points shall be awarded according to the following system:-

Position	Individual Events	Team Events (Relays)
1 st Place	07	14
2 nd Place	05	10
3 rd Place	04	08
4 th Place	03	06
5 th Place	02	04

5. The Merit Certificates shall be awarded only up to 3rd position.
6. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories.
7. The Individual Champion (Best athlete) in any age group will be awarded only to one athlete on the basis of performance/points as per the AFI Scoring Table.
8. The prize will be given to the school scoring total maximum points (total points in all the age groups in Boys" & Girls" categories) and may be declared as over-all Champion.

1975-2024

KOLA SARASWATHI VAISHNAV SENIOR SEC SCHOOL

GOLDEN ERA SPORTS GALA -ATHLETICS

UNDER - 14

ENTRY FORM

BOYS& GIRLS

On or before

08.08.2010

NAME OF THE SCHOOL :

S.NO	NAME IN BLOCK LETTER	CLASS & GROUP	DATE OF BIRTH	100M	200M	800M,	LONG JUMP	SHOTPUT	4 X 100M RELAY
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

1. Enter names in BLOCK LETTERS, with proper initials and class & Group
2. Mark " ✓ " for Regular Athletes.
3. A competitor can participate only in TWO EVENT Excluding Relay.
4. Each Event will have TWO Regulars and substitution (S).
5. Relay will have FOUR Regular and ONE Substitute
6. Submit the ENTRY FROM on or before 1st AUGUST 2024.

SCHOOL SEAL

PRINCIPAL SEAL

KOLA SARASWATHI VAISHNAV SENIOR SEC SCHOOL

UNDER - 17

GOLDEN ERA SPORTS GALA - ATHLETICS

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

NAME OF THE SCHOOL:

S.N O	NAME IN BLOCK LETTER	CLASS & GROUP	DATE OF BIRTH	100M			TRIPLE JUMP	JAVELIN	4 X 100M RELAY
				100M	200M	800M			
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

1. Enter names in BLOCK LETTERS, with proper initials and class & Group
2. Mark " ✓ " for Regular Athletes.
3. A competitor can participate only in TWO EVENT Excluding Relay.
4. Each Event will have TWO Regulars and substitution (S).
5. .Relay will have FOUR Regular and ONE Substitute
6. Submit the ENTRY FROM on or before 1st AUGUST 2024.

SCHOOL SEAL

PRINCIPAL SEAL

KOLA SARASWATHI VAISHNAV SENIOR SEC SCHOOL

UNDER - 17

GOLDEN ERA SPORTSGALA - FOOTBALL

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

NAME OF THE SCHOOL:

S.NO	NAME OF THE PLAYER	CLASS	DATE OF BIRTH
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			



Signature

PHYSICAL DIRECTOR .

Seal & Signature of the Head of the Institution

KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

UNDER - 17

GOLDEN ERA SPORTS GALA

BASKETBALL ENTRY FORM FOR BOYS / GIRLS

**ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007****

SCHOOL NAME
SCHOOL ADDRESS

S.NO	NAME OF THE PLAYER	CLASS	DATE OF BIRTH
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Signature

PHYSICAL DIRECTOR .

Seal & Signature of the Head of the Institution

KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

UNDER - 17

**ENTRY FORM
BOYS & GIRLS**

**D.O.B on or
before 8.08.2007**

VOLLEYBALL ENTRY FORM FOR BOYS / GIRLS

SCHOOL NAME
SCHOOL ADDRESS

S.NO	NAME OF THE PLAYER	CLASS	DATE OF BIRTH
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Signature

PHYSICAL DIRECTOR

Seal & Signature of the Head of the Institution

KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

UNDER - 17

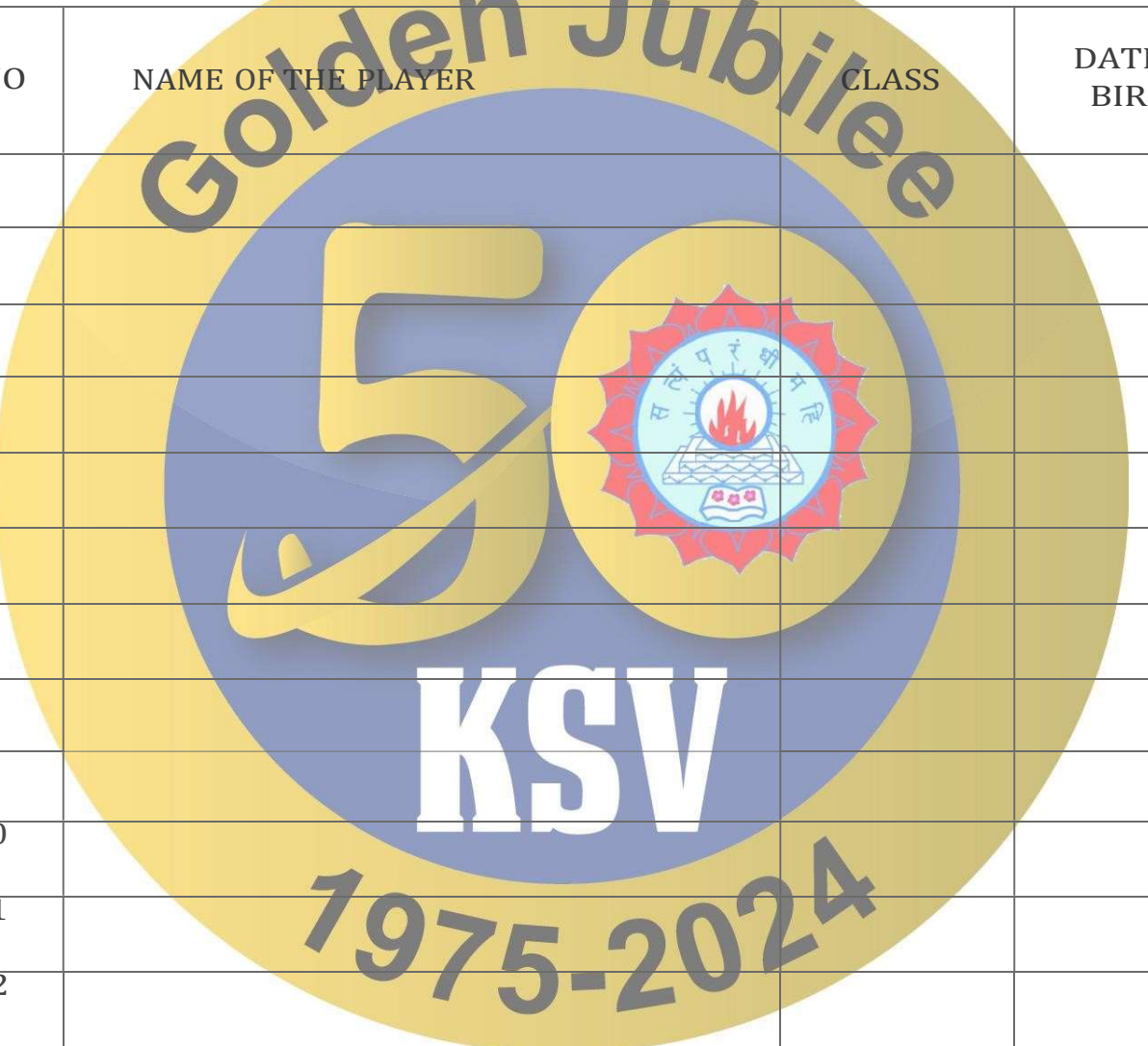
ENTRY FORM
BOYS & GIRLS

D.O.B on or
before **8.08.2007**

KHO KHO ENTRY FORM FOR BOYS / GIRLS

SCHOOL NAME
SCHOOL ADDRESS

S.NO	NAME OF THE PLAYER	CLASS	DATE OF BIRTH
1			
2			
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10			
11			
12			



Signature

PHYSICAL DIRECTOR

Seal & Signature of the Head of the Institution

KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

UNDER - 17

GOLDEN ERA SPORTS GALA

TABLE TENNIS ENTRY FORM FOR BOYS

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

SCHOOL NAME
SCHOOL ADDRESS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

Signature

PHYSICAL DIRECTOR

Seal & Signature of the Head of the Institution

UNDER - 17

**KOLA SARASWATHI VAISHNAV SR SEC SCHOOL
GOLDEN ERA SPORTS GALA**

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

BADMINTON ENTRY FORM FOR BOYS

SCHOOL NAME
SCHOOL ADDRESS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
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4.			

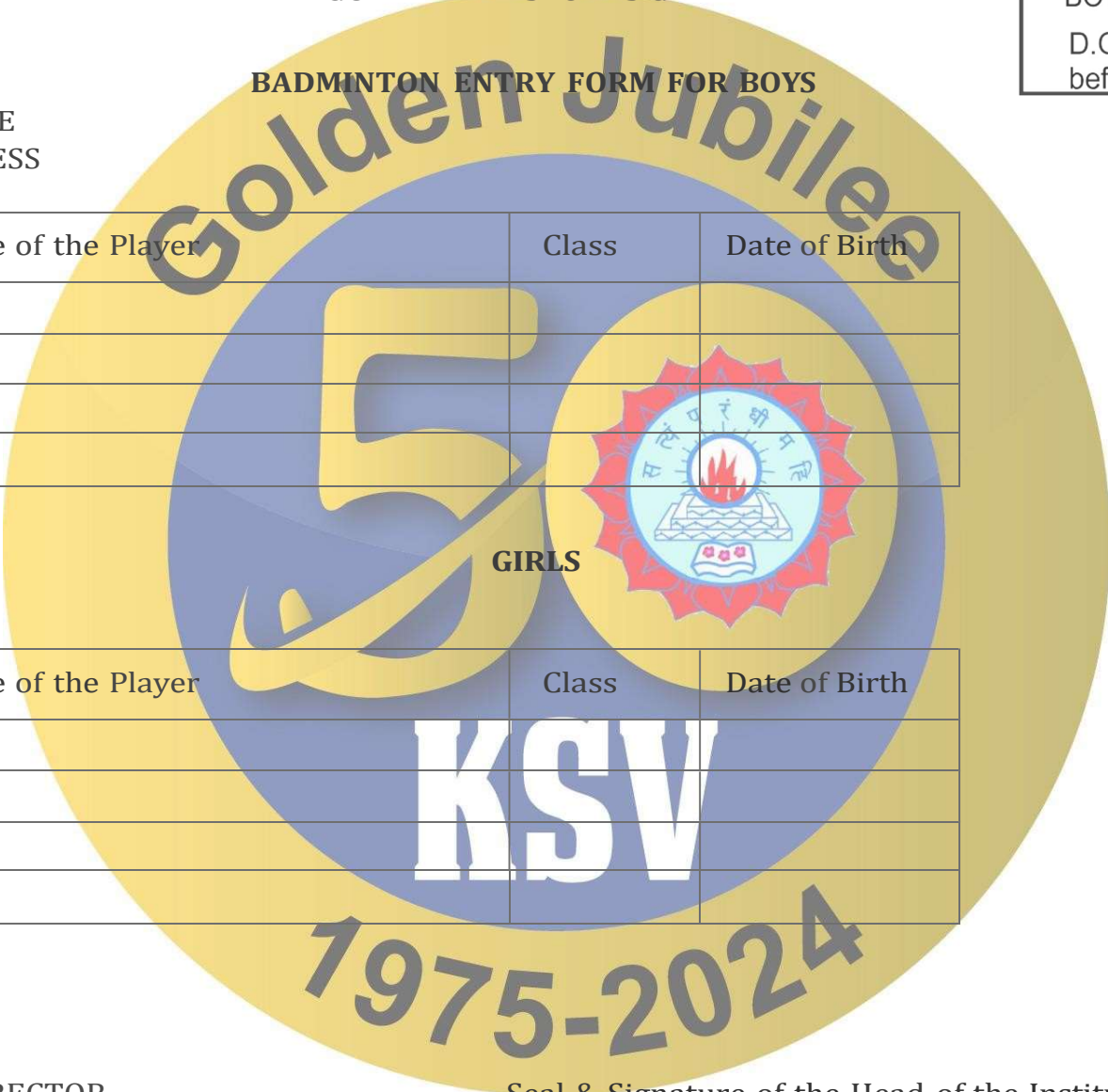
GIRLS

S.no	Name of the Player	Class	Date of Birth
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3.			
4.			

Signature

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KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

UNDER - 17

SILAMBAM ENTRY FORM FOR BOYS

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

SCHOOL NAME
SCHOOL ADDRESS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
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4.			

GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

Signature

PHYSICAL DIRECTOR

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KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

UNDER - 14

SILAMBAM ENTRY FORM FOR BOYS

ENTRY FORM

BOYS & GIRLS

D.O.B on or
before **8.08.2010**

SCHOOL NAME
SCHOOL ADDRESS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

Signature

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KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

YOGA ENTRY FORM FOR BOYS

UNDER - 17

SCHOOL NAME

SCHOOL ADDRESS

ENTRY FORM

BOYS & GIRLS

D.O.B on or
before **8.08.2007**

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
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4.			

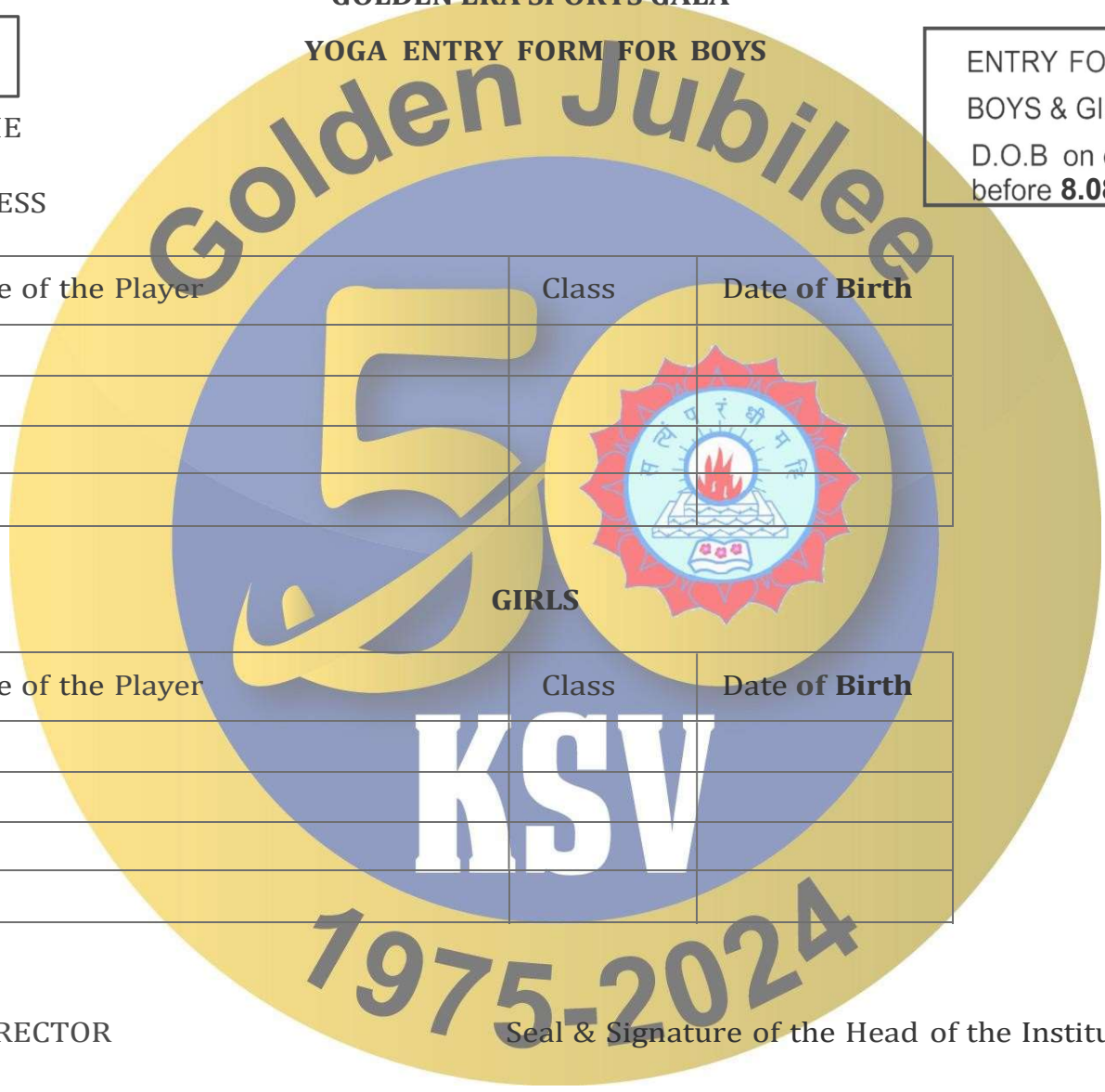
GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

Signature

PHYSICAL DIRECTOR

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KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

YOGA ENTRY FORM FOR BOYS

UNDER - 14

SCHOOL NAME

SCHOOL ADDRESS

ENTRY FORM

BOYS & GIRLS

D.O.B on or
before **8.08.2010**

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			
3.			
4.			

Signature

PHYSICAL DIRECTOR

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KOLA SARASWATHI VAISHNAV SR SEC SCHOOL

GOLDEN ERA SPORTS GALA

CHESS ENTRY FORM FOR BOYS

UNDER - 17

SCHOOL NAME

SCHOOL ADDRESS

ENTRY FORM
BOYS & GIRLS
D.O.B on or
before **8.08.2007**

S.no	Name of the Player	Class	Date of Birth
1.			
2.			

GIRLS

S.no	Name of the Player	Class	Date of Birth
1.			
2.			

Signature

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