



**RAMYA SATHIANATHAN VIDHYASHRAM - CBSE - VALLAM
FIT - FEST DISTRICT LEVEL INTER SCHOOL COMPETITION - 2018**

Sl. No	Competition	Levels	Categories	ENTRY FORM		RULES AND REGULATIONS			
				No .of Participants	of the candidates				
1	ABACUS	Level 1 / Grade	I & II			<ol style="list-style-type: none"> All particulars should be filled up completely without any correction or over writing Abacus must be used by all the above Groups. Student Need to bring abacus and sharpened pencils before entering the hall Competition panel's decision is final Exam duration 5 or 7 Miniutes 			
			III to V						
			VI to VIII						
		Level 2	I & II						
			III to V						
			VI to VIII						
		Level 3	I & II						
			III to V						
			VI to VIII						
		2	ART	Level 1 / Grade	K.G				<p>Topics: a) K.G - Colouring the given picture, b) I to III - Open topic: "Garden" c) IV & V - Warli Art, d) VI to VIII On the Spot Topic, e) IX & X : Global Warming</p> <ol style="list-style-type: none"> Maximum number of students can participate in each level. Participants should bring there Drawing materials K.G to III grade: Cryons & Colour Drawing sheet will be provided to the participants. Duration will be 60 minutes.
					Level 2		I to III		
				Level 3	IV & V				
Level 4	VI to VIII								
Level 5	IX & X								
3	CHESS	Levels / Age	Under 7			<ol style="list-style-type: none"> International / FIDE chess rules will be followed. All players are requested to bring their own Chess board sets and chess clock. Arbiter decision is final and binding in all matter. 			
			Under 9						
			Under 11						
			Under 13						
			Under 16						



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4	Karate	Level 2	I to III			1. Participants should bring their own gloves and uniform. 2. W.K.F rules will be followed (1.1.2008). 3. A candidate can participate in both Katta and Fight event. 4. Tournament will commence at 10:30 am without any sort of delay.
		Level 3	IV & V			
	Fight	Level 4	VI to VIII			
		Level 5	IX & X			
5	Silambam	Weight	Below 20 Kg			1. Participants should bring their necessary safety materials like Helmet, Knee Cap, 2. Events details: a) Single Rolling Stick b) Double Rolling Stick c) Sword Swing d) 3. Every participants can choose in any three of the mentioend events. Stick, Sword and 4. Tamilnadu stickplay & other weapon play association rules will be followed.
			21 - 30 Kg			
			31- 40 kg			
			above 40 Kg			
6	Skating	Adjustable Skates			1. Each Quad and Inline Skater can participate Only 2 out of 3 Races. Each Adjustable Skater can participate in 2 Races. 2. Age will be calculated as on 31-12-2017. Bonafide Certificate for DOB from school of Study (Or) Date of Certificate Xerox (Or) School Id- Card Xerox Should be submitted as AGE PROOF. 3. Filled application along with the applicable fees, 1 No Passport Size Photographs and School Bonafide Certificates (Original -1 Nos) or Date of Birth Certificate Xerox or School Id-Card Xerox should reach the office.	
		Quad Skates				
		Inline Skates				



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7	Yoga	Level A / Grade Common	I & II Std			1. Decision of the Judges will be Final. Competition as required. 2. The organizers are empowered to modify Rules and regulations of the competition as required. 4. Each Asana position must be maintained for 10 seconds. 5. The participants are responsible for their personal belongings and properties. 6. Kindly co-operate with the organizers to conduct the competition in a smooth manner. 7. For reference Book " LIGHT ON YOGA" by B.K.S. IYENGAR Common Asanas: a) VEERABHATRASANA b) ARDHA MACHEDRASANA, c) PACHIMOTTASANA, d) BALA ASANA, e)EKAPADASANA, f) USHTRASANA g) ARDHA CHANDRASANA Special Asanas: AKARNA DHANURASANA, b) CHAKRASANA, c) DHANURASANA, d) HALASANA, e) SHALABASANA, f)
			III to V Std			
			VI to VIII Std			
		Level B : Common &	I & II Std			
			III to V Std			
			VI to VIII Std			
		Level C : Common &	I & II Std			
			III to V Std			
			VI to VIII Std			

General Instruction :

- All participants need to wear school uniform with school id card / Bonafide (Age Proof).
- All the participants are requested to register before at 8:15 am to 8:45 am on 12.01.18.
- No entry fee, no on the spot registration.
- Last date for registration will be on 21.12.2017.
- Each candidate can choose any one event from the given options.
- Option A: ABACUS & ART Timing 9:30 to 10:45
Option B: CHESS, KARATE, SILAMBAM, SKATING AND YOGASANA, Timing : 10:45 to 3:00 pm
- Option B Events will be conducted individually for Boys and Girls .