

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI**  
**GENERAL ADMINISTRATION DEPARTMENT**  
**DELHI SECRETARIAT, I.P. ESTATE, NEW DELHI**  
**(SPORTS BRANCH)**

F.18/32/2024/GAD/Sports/Admn. /1428-1432

Dated: 04.09.2024

**CIRCULAR**

Reference: GAD Circular No. F.18/32/2024/GAD/Sports/Admn./39576 dated: 23.08.2024

**Sub:-Organisation of Inter-Departmental Sports Tournament 2024-25.**

The General Administration Department is organizing Inter-Departmental Sports Tournament 2024-25 for the regular officers/officials working in various departments/Undertakings/ Autonomous bodies/ Corporations of Govt. of NCT of Delhi. The following events/games will be organized **w.e.f. 17.09.2024**, as per the details given below:

| Sl. no. | Game         | Events                             | Age categories                                                                                       |
|---------|--------------|------------------------------------|------------------------------------------------------------------------------------------------------|
| i       | Badminton    | Singles & Doubles<br>(Men & Women) | i. below 30 years<br>ii. 30-40 years<br>iii. 40- 50 years<br>iv. 50-60 years                         |
| ii      | Table Tennis | Singles & Doubles<br>(Men & Women) | i. below 40 years<br>ii. 40- 50 years<br>iii. 50-60 years                                            |
| iii     | Athletics    | 100 m<br>(Men & Women)             | i. below 30 years,<br>ii. 30-40 years,<br>iii. 40-50 years,<br>iv. 50-55 years and<br>v. 55-60 years |
|         |              | 200 m<br>(Men & Women)             | i. below 30 years,<br>ii. 30-40 years,<br>iii. 40-50 years,<br>iv. 50-55 years and<br>v. 55-60 years |
|         |              | 400 m<br>(Men & Women)             | i. below 30 years,<br>ii. 30-40 years,<br>iii. 40-50 years,<br>iv. 50-55 years and<br>v. 55-60 years |
|         |              | 800 m<br>(Men & Women)             | i. below 30 years,<br>ii. 30-40 years and<br>iii. 40-50 years                                        |
|         |              | 5 Km Run<br>(Men & Women)          | i. below 30 years,<br>ii. 30-40 years and<br>iii. 40-50 years                                        |

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|       |            |                                    |                                                        |
|-------|------------|------------------------------------|--------------------------------------------------------|
|       |            | Walk 5 Km<br>(Men & Women)         | i. 50-55 years and<br>ii. 55-60 years                  |
| iv.   | Cricket    | Knock out Basis<br>(Men)           | Team comprising of 14 players.<br>( Open age category) |
| v.    | Tug of war | League Basis<br>(Men & Women)      | Team comprising of 10 players.<br>( Open age category) |
| vi.   | Chess      | Individual Event<br>(Men & Women)  | Open age category                                      |
| vii.  | Kho-Kho    | League/ Knock out<br>(Men & Women) | Team comprising of 15 players.<br>( Open age category) |
| viii. | Yogasana   | Individual Event<br>(Men & Women)  | i. below 40 years<br>ii. above 40 years                |

In this connection, please find enclosed herewith the following details relating to the tournament:

1. Guidelines for Inter-Departmental Sports Tournament 2024-25;
2. Rules and Regulations for Inter-Departmental Sports Tournament 2024-25;
3. Registration form for submission of entries.

It is to be noted that the entries for the individual games will be submitted through **online mode only**. The last date for submission of entries (individual as well as team games) is **12.09.2024**. The steps of submitting the entry for individual games is as follows:-

**Step 1:-** Fill the registration form enclosed with this circular.

**Step 2:-** Visit GAD website on the link "<https://gad.delhi.gov.in>".

**Step 3:-** Go to **Latest News** section on home page.

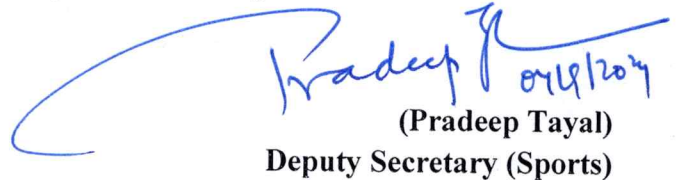
**Step 4:-** Click on the link "*Registration form for Inter-Departmental Sports Tournament 2024-25*"

**Step 5:-** Fill all the fields; upload the requisite documents & submit the form.

The entries for team games will be submitted by the respective concerned departments in physical form in sports branch, GAD.

All the Heads of the Departments are requested that the contents of this circular may be brought into the knowledge of all the concerned officers/officials.

This issues with the prior approval of competent authority.

  
(Pradeep Tayal)  
Deputy Secretary (Sports)

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Dated: 04.09.2024

Copy forwarded for information and necessary action:-

1. All Additional Chief Secretaries/Pr. Secretaries/Secretaries/Heads of the Departments/ Autonomous Bodies, Govt. of NCT of Delhi.
2. The Dy. Director of Education (Sports), Dte. Of Education, Govt. of NCT of Delhi, Chhatarsaal Stadium, New Delhi.
3. PS to ACS (GAD), Govt. of NCT of Delhi.
4. Website of the Department
5. Guard File.



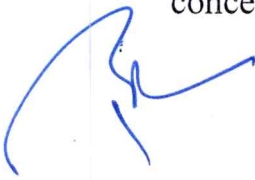
(Pradeep Tayal)

Deputy Secretary (Sports)

**Guidelines for Inter-Departmental Sports Tournament 2024-25 being organized by General Administration Department, Govt. of NCT of Delhi**

- 1) The General Administration Department is organising (i) individual games of Athletics, Badminton, Chess, Table Tennis & Yogasana and (ii) team games of Cricket, Kho-Kho and Tug-of-War. All the games will be held for men & women except Cricket which will be for Men only.
- 2) These games will be organised w.e.f. **17<sup>th</sup> September to 22<sup>nd</sup> September, 2024.**
- 3) The Athletics, Badminton, Chess, Table Tennis, Tug-of-War & Yogasana events will take place at Thyagraj Stadium, near INA, New Delhi. Kho-Kho will take place at Kho-Kho Complex within the premises of GGSSS, Kohat Enclave, Pitampura, Delhi. Cricket matches will be played, primarily, at Bharat Nagar Cricket Ground, near Laxmi Bai College, Ashok Vihar, Delhi – 110052; SBV Shakurpur Delhi-110034 at Vikas Puri Cricket Ground. If need arises, then the matches can also be played at other available Cricket Grounds.
- 4) **Only the regular employees of Govt. of NCT of Delhi** shall be allowed to participate in the events, including the regular employees of Undertaking/Corporations/Autonomous Bodies of Govt. of NCT of Delhi.
- 5) Tentatively, the reporting time for Athletics and Tug-of-War events will be at 6.00 pm whereas the reporting time for all other games will be in the morning. The exact timings will be made available once the schedule/ fixtures are drawn. The Cricket matches will be played in the morning, noon as well as in the evening.



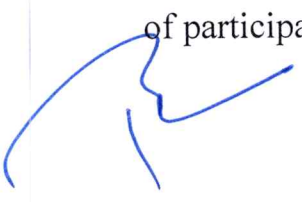
- 6) The exact schedule of events/fixtures will be made available in due course once the entries are received from the officers/officials in respect of individual events and from various departments in respect of team games.
  - 7) One player is allowed to participate in only one sports discipline out of Athletics, Badminton, Chess, Table-Tennis & Yogasana. A player is allowed to participate in a discipline upto 2 events in that game (except Chess and Yogasana) under his/her own age category. Besides this, one player of a particular department will participate only in one team game. A player who intends to participate in individual game is also eligible to participate in team game provided he/she is selected by the department concerned in its team.
  - 8) The doubles' partner in Badminton and Table Tennis should be of the same age group. A person in higher age group can play in lower age group on case to case basis, if partner in the same age group is not available in his/her department.
  - 9) All the participants will be provided Participation Certificates.
  - 10) All the winners; runners' up and 3<sup>rd</sup> place holders will be suitably awarded in all the games.
  - 11) The entries are to be submitted by the individual players, in the prescribed proforma, only in respect of individual game i.e., Athletics; Badminton, Chess, Table Tennis and Yogasana. **All such entries will be received through online system only.** The entries in respect of team games of Cricket, Kho-Kho and Tug-of-War will be received from the department concerned on their letter head indicating name; designation; place of
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posting etc. of the concerned players. The entries in respect of team games will be submitted by the departments only after obtaining the prior approval of their respective Competent Authority. The department will also nominate a nodal officer in respect of each team game for proper liaisoning and coordination.

12) In respect of Cricket:-

- (a) GAD shall select and field upto five teams including the departments where the strength of department is less or where there is no possibility to select a whole team of 14 players.
- (b) The Directorate of Education is allowed to field upto five teams from their respective regions (one team per region) and one team from Headquarters (consisting of players only who are physically working in HQ).
- (c) Revenue Department is allowed to field upto three teams.
- (d) All other departments may field only one team of their respective departments.
- (e) If any department wishes to nominate its Cricket teams more than the allotted quota, then it should intimate General Administration Department, **latest by 09.09.2024** positively. However, the decision on participation of extra teams beyond the allotted quota will be with General Administration Department.
- (f) The department concerned will declare its captain of the respective team at the time of submission of entry with the liberty to change the name of the captain at least 24 hours prior to the match scheduled.



- 13) Each player is required to participate in proper uniform of that game. The uniform as well as playing equipments will be arranged by the player/department itself at his / her own level except shuttle cocks, TT balls and Cricket balls.
  - 14) Each player will ensure himself/herself that he/she is physically fit to participate in these games. General Administration Department will not be responsible for any untoward incident or injury arising due to this Inter-Departmental Sports tournament 2024-25.
  - 15) Each player will maintain proper decorum; maintain discipline & show exemplary devotion while participating in this tournament.
  - 16) Any misbehaviour; indiscipline or any kind of breach will lead to disqualification of the player from these games including barring of his participation in any kind of games for the next 3 years.
  - 17) In those departments, where the retirement age is beyond 60 years, such players will participate in the last age category of respective games.
  - 18) General Administration Department reserves the rights to alter/relax/modify/add/delete any rule or clause of the respective games in the interest of players without assigning any reasons thereof.
  - 19) The decision of the General Administration Department for these games will be final and binding upon the players.
  - 20) The players participating in these tournaments will be treated "On Duty" on the actual day of his / her event.
  - 21) Neither any TA/DA nor any compensatory off will be allowed on account of participation in these games.
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- 22) The entries in respect of Athletics; Badminton, Chess, T.T. and Yogasana will be entertained only if they are submitted through online system in prescribed proforma. The entries in any other form or on plain paper will not be entertained.
- 23) Last date of submission of complete registration forms/ teams for all games will be **12.09.2024**. Registration form is enclosed with these guidelines.
- 24) All the participants should carry original identity card, **mandatorily**, at the venue at the time of participation.
- 25) There shall be minimum three participants in an event for conducting that event.
- 26) Referees/Umpire's decision shall be final and binding on the participants.
- 27) The cut off date for determining age of a participant in this tournament is 01<sup>st</sup> July 2024.
- 28) The cut off date for determining department of a participant in this tournament is 01<sup>st</sup> September 2024.
- 29) Any information regarding change of venue/dates/cancellation etc about the Inter Departmental Sports Tournament 2024-25 will be available on the official website of General Administration Department, Govt. of NCT of Delhi.



**Rules and Regulations for Inter-Departmental Sports Tournament 2024-25**  
**being organized by General Administration Department, Govt. of NCT of**  
**Delhi**

**BADMINTON:**

1. All players are required to participate in proper dress code meant for Badminton discipline.
2. All the matches upto pre-quarter final stage will be played with the plastic shuttlecocks, preferably Mavis 350 brand which will be provided by General Administration Department.
3. All the matches from quarter finals onwards will be played with feather shuttlecock which will be provided by General Administration Department.
4. All the matches upto pre-quarter finals will comprise of set of 15 points each and best of three sets.
5. All the matches from quarter finals onwards will comprise of set of 21 points each and best of 3 sets.
6. The players are required to bring their own racquets, shoes etc. at their own cost to participate in these games. It is mandatory to wear non-marking badminton shoes to enter the courts.
7. The decision of the Tournament Committee will be final on all points of facts. The Chief Referee will be the sole in-charge of all technical issues on point of law.
8. Every player has to report at least 30 minutes before the scheduled time of the match, otherwise walkover will be given to the opponent.
9. No food or eatables are allowed inside the arena.



**TABLE TENNIS:**

1. All players are required to participate in proper dress code meant for TT discipline.
2. The balls will be provided by General Administration Department.
3. All the matches will comprise of set of 11 points each and best of five sets.
4. The players are required to bring their own racquets; shoes etc. at their own cost to participate in these games. It is mandatory to wear non-marking TT shoes to enter the courts.
5. The decision of the Tournament Committee will be final on all points of facts. The Chief Referee will be the sole in-charge of all technical issues on point of law.
6. Every player has to report at least 30 minutes before the scheduled time of the match, otherwise walkover will be given to the opponent.
7. No food or eatables are allowed inside the arena.

**ATHLETICS:**

1. All players are required to participate in proper dress code meant for Athletics discipline.
  2. All the events will take place at synthetic athletics turf of Thyagraj Stadium in the evening in the floodlight. Hence, the players are expected to arrange proper shoes before participation so as to avoid any loss to the Government property.
  3. The reporting time in the evening session for all the events will be 6:00 pm whereas the reporting time for 5 Km run & walk will be 5:00 pm.
  4. All the players will have to collect their Bib numbers from the organisers prior to start of the event.
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5. The decision of the Tournament Committee will be final on all points of facts.
6. Every player has to report at least 30 minutes before the scheduled time of the event, otherwise the player will be disqualified from participating in the event.
7. The players are advised to get themselves medically checked and ensure that they are fit to participate in athletics events. If needed, they should carry their own energy drink or any other glucose water for hydration.

### **CRICKET:**

1. All the matches will be of T-20 format (knockout basis as per BCCI rules)(No impact player allowed).
2. All players are required to participate in proper dress code meant for T-20 Cricket discipline i.e. coloured dress.
3. The matches will take place in the morning, noon and evening as per the schedule which will be finalised in due course.
4. If the match is washed out due to rain, the fixture will move to next day.
5. All the matches will be played with white ball.
6. For participating in Cricket matches, spikes shoes are not allowed.
7. The decision of the Tournament Committee will be final on all points of facts. The Umpire will be the sole in-charge of all technical issues on point of law.
8. Each team has to report at least 30 minutes before the scheduled time of the match, otherwise walkover will be given to the opponent.



**TUG OF WAR:**

1. The team will comprise of 10 players each. However only 8 players will play at a time.
2. Maximum combined weight for 8 players in men category will be 680 kg.
3. Maximum combined weight for 8 players in women category will be 560 kg.
4. The players are allowed to participate in general sports shoes without spikes only (playing with bare foot/ PT shoes/leather shoes is not allowed).
5. The matches will be played on league basis.
6. The match will be decided on best of three pull each.
7. The decision of the Tournament Committee will be final on all points of facts. The Umpire will be the sole in-charge of all technical issues on point of law.

**CHESS:-**

1. Latest FIDE Laws shall be observed to conduct the tournament unless, otherwise, mentioned in these rules.
2. The tournament will be held on Swiss league basis.
3. Total no. of rounds will be proportionate to the total no. of participants. There may be total 07 rounds in Men section & 05 rounds in Women section. The session of play shall be 25 minutes + 10 seconds increment for each move.

**KHO-KHO:-**

1. Each team will comprise of 15 players each. However, only 9 players will play at a time.
2. All players are required to participate in proper dress code meant for Kho-Kho.



3. The matches will be played on mats. It is mandatory to wear mat shoes for playing the game.
4. The decision of the Tournament Committee will be final on all points of facts, The Referee will be the sole in-charge of all technical issues on point of law.
5. Each Team has to report at least 30 minutes before the scheduled time of the match, otherwise walkover will be given to the opponent.

### **YOGASANA:-**

1. All players are required to participate in proper dress code meant for Yogasana.
2. Every player has to report at least 30 minutes before the scheduled time of the event, otherwise walkover will be given to the participants.
3. The decision of the Tournament Committee will be final on all points of facts, The Chief Judge will be the sole in-charge of all technical issues on point of law.
4. The following Asanas will be performed for the competition for below 40 years age category and above 40 years of age category.

### **Below 40 years (Male and Female)**

|    | <b>Optional Asanas (any 3)<br/>(Time-30 sec)</b> | <b>Compulsory Asanas<br/>(Time-20 sec)</b> |
|----|--------------------------------------------------|--------------------------------------------|
| 1. | Trikonasana                                      | Uttanpadasana                              |
| 2. | Gomukhasana                                      | Ustrasana                                  |
| 3. | Ekpada Janushirasana                             |                                            |
| 4. | Naukasana                                        |                                            |

| <b>Final Asanas (Any 03 Asanas)<br/>(Time 30 sec)</b> |                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.                                                    | Ardha matsyendrasana                                                                                                                                                                                                                                              |
| 2.                                                    | Chakrasana                                                                                                                                                                                                                                                        |
| 3.                                                    | Aakarn Dhanurasana                                                                                                                                                                                                                                                |
| 4.                                                    | Pawan Muktasana (Dwipad) +                                                                                                                                                                                                                                        |
| 5.                                                    | <div style="display: flex; align-items: center;"> <div style="flex: 1;">           Bhramari Pranayam<br/>Or OM Uchcharan         </div> <div style="border: 1px solid black; padding: 2px 10px; margin-left: 10px;">           (Compulsory)         </div> </div> |

**Above 40 years (Male and Female)**

|    | <b>Optional Asanas (any 3)<br/>(Time-30 sec)</b> | <b>Compulsory Asanas<br/>(Time- 20 sec)</b> |
|----|--------------------------------------------------|---------------------------------------------|
| 1. | Garudasana                                       | Sarvangasan (urdhva)                        |
| 2. | Mandukasana                                      | Setubandhasan                               |
| 3. | Shalabhasana                                     |                                             |
| 4. | Ekpada Janushirasana                             |                                             |

| <b>Final Asanas (Any three Asanas)<br/>(Time-30 sec)</b> |                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.                                                       | Vakrasana                                                                                                                                                                                                                                                          |
| 2.                                                       | Dhanurasana                                                                                                                                                                                                                                                        |
| 3.                                                       | Pawan muktasana                                                                                                                                                                                                                                                    |
| 4.                                                       | Aakaran Dhanurasana                                                                                                                                                                                                                                                |
| 5.                                                       | <div style="display: flex; align-items: center;"> <div style="flex: 1;">           Bhramari Pranayana<br/>Or OM Uchcharan         </div> <div style="border: 1px solid black; padding: 2px 10px; margin-left: 10px;">           (Compulsory)         </div> </div> |



**REGISTRATION FORM FOR INTERDEPARTMENTAL SPORTS TOURNAMENT 2024-25**

**(Not applicable for team games)**

1. Name & Designation: \_\_\_\_\_.
2. Gender: \_\_\_\_\_.
3. Place of Posting (complete address): \_\_\_\_\_  
\_\_\_\_\_.
4. D.O.B. as per office record: \_\_\_\_\_.
5. Age as on 01.07.2024: \_\_\_\_\_.
6. Mobile No. \_\_\_\_\_.
7. E-mail Id: \_\_\_\_\_.

Latest Passport  
size color  
photo attested  
by Head of  
office

8. Name of the sports discipline (Tick anyone)- Athletics/ Badminton/ Table Tennis/ Chess/ Yoga  
\_\_\_\_\_.

9. Name of the doubles partner in Badminton/ Table Tennis (attach copy of ID)  
\_\_\_\_\_.

I undertake that I am medically fit to participate in the Inter Departmental Sports Tournament 2024-25, and I shall be solely responsible in the event of any mishappening or injury during the said Tournament. I shall abide by all rules and regulations of the said Tournament.

( \_\_\_\_\_ )  
(Signature of the Applicant)

It is certified that the above mentioned officer/official is a regular employee of Govt. of NCT of Delhi and is allowed by this department to participate in the Inter Departmental Sports Tournament 2024-25.

Signature of Head of Office  
(with seal)

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Dated: \_\_\_\_\_

**Note:-**

1. The registration forms for individual games, alongwith the copy of ID card issued by the Department, shall be uploaded on GAD website latest by 12.09.2024.
2. The entry for Cricket, Kho-Kho and Tug of War shall be submitted by respective Departments latest by 12.09.2024.
3. An individual can participate in only one individual game out of Athletics/Badminton/Table Tennis/Chess/ Yoga.
4. An individual can participate in maximum two events of Athletics. Mention name of events of Athletics in the form.