

PARA VIRAJ 2019- RULES AND

REGULATIONS

INFORMATION

1. Transportation arrangements will be provided by the Organizing Committee for pick-up and drop of a contingent to and from the respective venues, in accordance with the travel plans intimated to the Organizing Committee. In no event shall any individual member(s) of a contingent travelling separately be picked up.
2. Travel arrangements shall also be made available for ferrying teams and participants from the accommodation premises to the respective venues and vice versa.
3. Kindly note that the registration fees amounts to Rs. 1000 per person. This includes registration amount of different sporting events. However, if the contingent does not require accommodation, Rs. 500 has to be paid for the food and travelling charges.

DETAILS OF THE SPORTING EVENTS

Following is the list of the sporting events which will be played at ParaVIRAJ 2019. (All Participating Teams/Athletes are required to bring their own kits and accessories.)

OUTDOOR EVENTS

1. 100 M & 200 M

Running Categories:

- Category 1: Visually impaired (Total and Partial)
- Category 2: Physical disability.

- Category 1: If the runner is blind or has little vision, a guide runner shall be provided. The guide and the blind runner shall hold opposite ends of a 2.5 foot length of rope loosely. First player to reach the finish lines wins the race.
- Category 2: Sharing the same rules as ordinary running tournaments. The players must begin at the starting point directed by the Organizing committee and the first player to reach the finish line, wins the race.

2. **50 M Walk**

- Athletes have to walk from the starting point till the finishing line. An Athlete must always keep in contact with the ground and the supporting leg must remain straight until the raised leg passes it.

3. **400 M Relay Race**

- A team shall consist of 4 players, standing at their designated starting points marked at every 100 meters from the first runner standing at the starting line.
- The 2nd, 3rd and the 4th runner shall only leave their respective places after receiving the baton.
- The baton can only be passed within the exchange zone. Exchanges made outside the zone based on the position of the baton, not the runners' feet, result in disqualification. Passers must remain in their lanes after the pass to avoid blocking other runners.
- The baton must be carried by hand. If it is dropped, the runner can leave the lane to retrieve the baton as long as the recovery doesn't lessen his or her total running distance.
- First runner to cross the finish line wins.

4. **Blind Cricket:**

- Type of Tournament: League, Pool or Knockout, depending on the number of the teams participating.
- The ball in use will be filled with ball bearings to provide audible cues.

The wicket (stumps) will be larger and made of metal tubes painted in fluorescent colors, to allow partially sighted players to see and blind players to touch it in order to correctly orient themselves when batting or bowling.

The bowler must shout 'Play!' as he releases the ball.

- The delivery is required to pitch at least twice when bowled to a completely blind batsman (once when bowled to a partially sighted batsman), but must not be rolling.
- Totally blind batsmen cannot be out due to being stumped, and must be found to be LBW twice before going out.
- Totally blind fielders are allowed to take a catch on the bounce.
- Other rules will be the same as prescribed by the World Blind Cricket Council.

INDOOR GAMES

1. Blind Chess

Sharing the same rules as ordinary chess, the game requires a full size wooden chess set with raised and lowered squares in chess playing surface along with pieces designed to easily differentiate the opposing sides. Each piece has a peg design that inserts into the board square allowing for tactile use of the entire board while considering a chess move. In addition the top of each black piece has a peg to differentiate.

2. Table Tennis

Para table tennis follows the laws set by the International Table Tennis Federation (ITTF) with only slight modifications to the serving laws for athletes competing in wheelchairs. Each player aims to hit the ball over the net on to the opponent's half of the table and wins the point if they fail to return it successfully.

3. Carrom

Para carrom shall follow the rules laid down by International Carrom Federation (ICF).

Basic Rules:

- Teams will get a maximum of 10 minutes time to finish the match. If they do not finish in-time, the team who has pocketed more of his pieces (queen shall be counted as two pieces) will be declared winner.

- In case, if both the players pocket the same number of pieces (queen shall be counted as two pieces) in a 10-minute game, 2 minutes extra time will be given. If the condition remains the same after 10+2 minutes, the referee shall have the right to grant extra time as much as he wants.
- A player has to take a shot within 10 seconds of his chance.

All basic rules of the game shall apply:

- There will be toss for the opening shot.
- The team which starts automatically gets white pieces to pocket.
- A team needs to score points more than opponent team's points to win the match.
- A piece carries one point and queen carries two points.
- If any piece jumps out of the board, it shall be put back on the table.
- The last piece of any color cannot be pocketed if queen remains on the board.
- In any other dispute, the decision of the referee shall be final and binding and shall not be contested.
- Any other queries related to match rules will be clarified by the referee on the spot.