

राष्ट्रीय आदिवासी छात्र शिक्षा समिति  
(जनजातीय कार्य मंत्रालय के अंतर्गत  
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**F. No.** NESTS/SPORTS/161/2021-22 /1414

**Dated:** 04<sup>th</sup> Oct, 2024

**The Nodal Officers,**  
State/UTs EMRS Society  
(As per list).

**Subject: Forwarding guidelines for EMRS National Sports Meet, 2024 -reg.**

*Ref: 4th EMRS National Sports Meet.*

Every year NESTS organizes EMRS National Sports Meet with the objective to promote culture of games and sports and to develop a spirit of sportsmanship in EMRS students.

In this context, NESTS is pleased to announce the organization of 4th EMRS National Sports Meet, 2024-25 at Chhattisgarh, tentatively in the third week of December, 2024. As per the practice followed in previous years, this mega event shall be conducted at two levels as per the below mentioned schedule:

- **State Level-** To be conducted at the earliest but not later than 25th November, 2024 at a venue decided by State/UT EMRS Society. It is also advised to schedule the State Level Sports Meet beforehand, so that travel of the contingent is ensured on confirm tickets.
- **National Level-** Tentatively in the third week of December, 2024, at Chhattisgarh.

Accordingly, guidelines for organizing the 4th State Level Sports Meet are attached herewith for reference (Annexure-I). It is requested to kindly disseminate the guidelines at the school level and direct the concerned officer and Principal to do the needful so that the State Level event may be organized well within the deadline mentioned herein.

This issues with the approval of the competent authority.

**Encl:- As Above**

*Piyush Anand*  
04/10/24  
(Piyush Anand)

Office Superintendent, NESTS.

**Copy to:**

- The Principal Secretary, Tribal Welfare Department, Govt of State/UT (as per list) for information please.
- The Nodal Officer, State EMRS Society, Chhattisgarh for the needful in hosting the event please.
- The Principal, EMRS (as per list) for and needful please.

**GUIDELINES**

**FOR**

**4th EMRS NATIONAL  
SPORTS MEET 2024-25**



**National Education Society for Tribal Students**  
**Ministry of Tribal Affairs**  
**New Delhi**

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## **SECTION- A**

### **INTRODUCTION**

The endeavor of Ministry of Tribal Affairs has been to take various initiatives for overall upliftment of tribals across the country. Amongst these, providing quality education for the holistic development of ST students is the main focus of the Ministry of Tribal Affairs. Games and Sports being a dynamic instrument for overall development of a child not only helps to improve academic performance but also inculcates values of mutual trust and cooperation such as self-discipline, self-confidence, responsibility, equality, social cohesion, teamwork, time management, commitment, perseverance and respect. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills and above all a sense of affinity as national pride.

Games and Sports have been a vital component of EMRSs. With an objective to explore and nurture the talents of students, to provide ample opportunities to exhibit their talent at various available platforms and to promote culture of Games & Sports in young children, 4th National Level EMRS Sports Meet 2024-25 has been scheduled and being organized by NESTS. It will be held at three levels i.e. School level (Intra-EMRS), State-level (Inter-EMRS) and National Level (Inter-State EMRS).

## **SECTION- B**

### **SCHEDULE OF EMRS SPORTS MEET-ALL LEVELS**

Schedule of events at various levels:

<b>Level of Sports Meet</b>	<b>Dates for Completion of Events</b>	<b>Events</b>	<b>Venue</b>
School Level	Preferably before the State Level Sports Meet.	As mentioned in the guidelines	Respective EMRSs
State level	By 25 <sup>th</sup> November, 2024	As mentioned in the guidelines	To be decided by State/ UT EMRS Societies.
National level	December 2024	As mentioned in the guidelines	To be decided by NESTS.

***School Level Sports should be an ongoing process. The events mentioned in the guidelines are to be conducted across the academic year selecting the Teams/ Players for the State Level EMRS Sports Meet to be held in the next academic Year.*** In order to cultivate & polish their talent in Games & Sports, the selected Teams and Players should be provided with the best facilities and rigorous training/ coaching across the year by the Physical Education Teachers.

It is expected that EMRSs shall raise school-level sports teams (minimum two teams each for Team Sports & Individual Sports) in accordance with area of interest & potential talent of their students and Sports Discipline of the PETs. The PETs shall provide appropriate training & coaching to the students and prepare them for participation in the sports activities at various levels by exposing them to intra and inter school tournaments.

The date of School Level EMRS Sports Meet shall be the sole discretion of the Principal. However, it is suggested to conduct the same to mark the birth anniversary of the International Player of the District/ State/ Nation to acknowledge his/her contributions in Sports and encourage the students to achieve such heights in their future endeavors.

## **SECTION- C**

### **EVENTS AND AGE GROUPS**

#### **For 4<sup>th</sup> EMRS National Sports Meet 2024-25**

S. No.	Name of the Event/Game	Age Group(Boy)		Age Group (Girl)	
Individual or Semi-Team Sports					
1.	Archery	14	19	14	19
2.	Athletics	14	19	14	19
3.	Badminton	14	19	14	19
4.	Boxing	14	19	14	19
5.	Chess	14	19	14	19
6.	Gymnastics	14	19	14	19
7.	Judo	14	19	14	19
8.	Tennis	14	19	14	19
9.	Shooting	14	19	14	19
10.	Swimming	14	19	14	19
11.	Table Tennis	14	19	14	19
12.	Taekwondo	14	19	14	19
13.	Weight Lifting	14	19	14	19
14.	Wrestling (Free Style)	14	19	14	19
15.	Yoga	14	19	14	19
Team Sports					
1.	Basket Ball	----	19	----	19
2.	Football	----	19	----	19
3.	Handball	----	19	----	19
4.	Hockey	----	19	----	19
5.	Kabaddi	----	19	----	19
6.	Kho-Kho	----	19	----	19
7.	Volley Ball	----	19	----	19

## **SECTION- D**

### **General Guidelines for EMRS Sports Meet**

#### **Level of Competitions**

The sports meets shall be organized at 3 levels viz. School level, State level and the National level.

#### **A. EMRS School Level Sports Meet:**

School level competitions, as per the events mentioned in guidelines and others, depending upon the talent of the children in the various Games and Sports, will be held in each EMRS. The schools are expected to bear the entire expenditure for conduct of the event at school level out of its own funds including the prizes.

#### **B. EMRS State Level Sports Meet:**

- i. State/ UT EMRS Society shall conduct EMRS State Level Sports Meet, as per the events mentioned in this guideline.
- ii. The States/ UTs are expected to bear the entire expenditure for conduct of the event out of its own funds including the travel cost of participants to & fro to the venue of EMRS National Level Sports Meet 2024-25 and Coaching Camp (if any).
- iii. Ensure the journey of the participants of 4<sup>th</sup> EMRS National Sports Meet 2024-25 is comfortable and on confirmed seats/berths.
- iv. Provide playing kit to the participants of the State for 4<sup>th</sup> EMRS National Sports Meet 2024-25. The quality & sizes of the Playing kit must be verified before issuing to the participants.
- v. Prizes are to be given to the winners of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> positions and participation certificates to all the participants.
- vi. The selected Team of the EMRS State Level Sports Meet will participate in the EMRS National Sports Meet 2024-25. It is expected from the State/ UT EMRS Societies to ensure minimum standard in each game and depute only those teams for National level tournament which perform up to a certain standard. Teams should not be deputed just for the sake of participation. Sub-standard Teams **should not be allowed** to participate at EMRS National Sports Meet 2024-25.
- vii. The State Level winner(s) of individual sports should not be sponsored for EMRS National Sports Meet 2024-25 unless his/her performance is up to a certain level.
- viii. Besides the skills required for particular event, the Physical Fitness profile (Strength, Endurance, Speed coordination) of the students will be one of the parameters during selection at different levels.
- ix. **Coaching Camp:** After State level EMRS Sports Meet, the State/ UT EMRS Societies of each State may decide to conduct State Level Sports Coaching Camp (for 15-20 days) for individual/team event at a suitable venue for participation in EMRS National Sports Meet 2024-25.

- Coaching Camp may be planned for all events especially the team events so as to develop the coordination between the selected players. The Physical Education Teacher (PET) of the same sports discipline should be made the in-charge of the Coaching Camp.
- Necessary Sports Infrastructure/ Equipment should be made available to the students. If required, Reputed National/ International Players/ SAI Coach may be engaged and Sports Counselling may be arranged at coaching venue (for one or two Session only). Practice matches/ bout should also be conducted to give sufficient practice for EMRS NationalSports Meet.
- It is mandatory for all selected students to attend Coaching Camp, if, organized by the State/ UT EMRS Society. In case, any Student/ Player does not attend coaching camp without any prior written approval (only in unavoidable circumstances) of the Competent Authority as decided by State/ UT EMRS Society, he/she will not be allowed to participate in the related competition.
- In order to compensate the loss of studies, study classes should be arranged at coaching venue for the students during free time.



## **SECTION- E**

### **GUIDELINES FOR CONDUCT OF EMRS NATIONAL SPORTS MEET 2024-25**

#### **Host State of EMRS National Sports Meet 2024-25: Chhatisgarh**

#### **I. GENERAL GUIDELINES**

- 1) An Organizing and Technical Committee should be constituted by the host State/ UT EMRS Society for the smooth conduct of EMRS National Sports Meet. Meetings among host State Level Officers, Organizing Committee and Sports Officials/ Technical Experts Committee of events must be held before the start of the Sports Meet.
- 2) The Schedule/ Draw/ Fixture must be drawn/ decided at least 02 two days prior to the start of the event(s)/sports in the presence of Technical Committee with information to participants/teams from all States/ UTs.
- 3) Team/ Players duly escorted by the escorts should report at National venue a day before the onset of the Meet.
- 4) To ensure the Safety and Security of the Participants, identity cards should be issued to all the participants, Escorts/ Coaches/ Officials, Volunteers, Cooking Staff, School Staff and Workers by the Host Venue/State.

#### **II. SPECIFIC GUIDELINES**

##### **i) Age Groups:**

- a) Under- 14 years as on 31.12.2024 and born on or after 01.01.2011 and studying in classes up to VIII.
- b) Under- 19 years as on 31.12.2024 and born on or after 01.01.2006 and studying in classes up to XII.

- ii) **Eligibility Certificates:** - Eligibility Certificates duly filled in all respects and signed by the designated authorities along with Passport size photograph, Birth Certificate, Aadhar Card & Previous Year Report card in duplicate (2 copies) as per **Appendix III** in respect of all the students participating in EMRS National Sports Meet 2024-25 be submitted to the Host State/ UT EMRS Society at the allotted Venue at the time of Registration or as required by the host state.
- iii) **Medical/ Physical Fitness Certificate-** The Medical/ Physical Fitness Certificate (**RECENT**) issued by the registered Doctor must be submitted by Participants/ Team in the prescribed format **Appendix VI** to the host venue.
- iv) **Parent's Consent Certificate-** Principal of concerned EMRS shall intimate the selection of the ward to his/her parents in the format prescribed at **Appendix-IV**. The consent letter of the parents (Fresh) allowing their ward to take part in the EMRS National Sports Meets in a team or as an individual player must be submitted by the participants to the host venue in the format prescribed **at Appendix V**.
- v) **EMRS Flag-** The host State/ UT EMRS Society of EMRS National Sports Meet 2024-25 will arrange and issue State/ UT EMRS Society Flag & Pole/ Pipe to all participating State(s) for Oath/ March Past at opening & closing ceremony. The flag size is 4ft x 3ft and the Color of flags will be different for different State/ UT EMRS Societies. The colors (for Flags) allotted to the different State/ UT EMRS Societies is at **Section I**.

- vi) **Trophies/ Medals & Certificate** – The host State/ UT EMRS Society will arrange Medals/ Trophy/ Shield/ Memento/ Certificates for the participants of EMRS National Sports Meet 2024-25 for all Games/Events as per the details: -
- **Trophy/ Shield / Memento** for event championship i.e. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Position in Individual events conducted for age group U-14 & 19 and for Team events for Under-19 Boys & Girls separately.
  - **Gold, Silver and Bronze medal** will be distributed to First, Second & Third position winners in all individual & Team events. However, for Boxing, Judo, Taekwondo & Wrestling (Free Style) - Gold for First, Silver for second and Bronze for Third (Two) position (runners up of semifinals).
  - **Participation Certificate** will be given to all participants at all level by the host State/ UT EMRS Society for EMRS National Sports Meet 2024-25.
- vii) **Championship-** Overall Championship will be calculated on the basis of scores/points earned by the participants of State/ UT EMRS Societies in all individual and team events,

**Individual /Team events-**

Positions & Medals			Remarks
1 <sup>st</sup> Position	2 <sup>nd</sup> Position	3 <sup>rd</sup> Position	Two (02) Bronze medals will be given to the runners up players of semifinals in Boxing, Taekwondo, Judo & Wrestling (Free Style) event.
Gold	Silver	Bronze	

**Specifications of Certificate, Medals and Trophy /Memento etc.-**

S. No.	Items	Material	Size	weight	Thickness	Remarks
1.	Certificate	Glossy Paper (Printed)	A-4	---	---	Bi-Lingual
2.	Medals	Metallic	3.0" diameter	75 to 80 g	As per the weight and applicable standard.	Gold, Silver & Bronze (Copper) Color with printed ribbons (2.5 cm X92 cm)
3.	Trophy/Shield/Memento - Design and materials as finalized by the host State/UT and awards will be given as per guidelines mentioned below.					

- i. The overall sports championship will be determined based on a points system. Points will be allocated as follows: 5 points for Gold, 3 points for Silver, and 1 point for Bronze. The total score for each state will be calculated by summing the points earned across all categories, including U-14 Boys and Girls, and U-19 Boys and Girls, for both individual and team events.

- ii. The championship for individual events will be determined using a points system, as outlined in point (i) above. Each state's total score will be calculated by summing the points earned across all individual events, which will include both boys and girls in the U-14 and U-19 categories combined.
- iii. The championship for team events will be based on a points system, as detailed in point (i) above. Each state's total score will be calculated by adding the points earned across all team events, including both boys and girls falling U-19 category.

**Note-** The medals will be given separately to Boys & Girls participants, who has secured 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> position in individual as well as team events under each age group. *The scoring system will adhere to the latest SGFI norms and if required will be changed accordingly.*

## **ESCORT TEACHER/ TECHNICAL ASSISTANCE/ EVENTS EXPERT**

### **1. Escort Teacher**

Each State Contingent shall be led by one Contingent Manager of the level of Principal or above. It shall be the duty of the Contingent Manager to ensure that participating individuals and teams of EMRS National Sports Meet 2024-25 are duly escorted by escort-cum-coach (Male & Female) deputed by the State/ UT EMRS Society. It is pertinent to mention here that the Girls shall be escorted by only female staff and Boys by only male staff. Number of escorts to participants shall not exceed the ratio of 01:10 i.e. there shall be one escort for 10 girls/ boys (individual & team combined). It shall be duty of the Contingent manager to ensure that the information of the matches/ bouts/ heats etc. reaches the concerned participants well on time, none of the participant is left unescorted or unattended at any time and shall attend to the needs of the participants of his/her contingent. Contingent Manager is required to attend all the meetings convened by the host State/ NESTS during the Meet and extend full support in smooth conduct of the EMRS National Sports Meet 2024-25.

While selecting the escorts, care should be taken, '**NOT**' to depute those teachers who are medically unfit/ under treatment/ physically challenged. Female Staff having child below 3yrs, should usually not to be deputed as escort.

### **2. Technical Assistant/Expert of Event**

The State/ UT EMRS Societies may take the assistance of Sports Authority of India (SAI) officials and appoint them as Technical Assistants/ Expert of Games/ Events in EMRS State Level Sports Meet, if required and similarly hosts State/UTs may follow the same.

## **III. BOARDING AND LODGING ARRANGEMENTS**

A comfortable stay arrangement for the participants of EMRS National Sports Meet 2024-25 is to be provided by the host State/ UT EMRS Society.

### **Note:**

- Host venue will provide the same scale/ standard of food/ meal to all Participants/ Escort teacher/ PETs/ Coaches/ Officials and others.
- Non -Veg. may be provided in meals.

- As far as possible meal should be served in buffet system.
- Proper seating arrangement (Table & Chairs) should be made for Students & Staff in Dining area.
- Day wise menu must be displayed on the notice board/ dining area & Kitchen and a copy of the same should be given to every escort teacher.
- Fresh and quality materials will be used for preparation in Breakfast/Lunch/ Dinner/others.
- Cleanliness of the venue(s) is to be ensured by the host State/ UT EMRS Society. Toilets should be cleaned at least thrice a day. Rooms should be cleaned at least once a day. Cleaning staff should be available 24 hours in proper dress code & ID card at stay & play venue. Rooms should have curtains for privacy of students, especially for girls.
- During Evening/ Night some entertainment or Cultural Programme/ TV Programme/ Video of day activities and Matches/ Movie on Sports may be arranged for student

## **SECTION – F**

### **TECHNICAL GUIDELINES**

#### **Play Ground/ Field/Play Court/ Arena, Swimming Pool, Track & Field, Equipment's, officials/Referees / Umpires and Competitions**

##### **I- Instructions**

1. The EMRS National Sports Meet 2024-25 for Athletics must be conducted on synthetic Track.
2. Swimming competition should be conducted in a standard pool.
3. The Digital (Scientific) Watch, Photo finish device, starter/Gun should be used during competitions/ trials at National level.
4. All matches should be Conducted/ played on standard surface/ playing court/ ground as per SGFI/ Federation norms of the event/games.
5. Only electronics devices should be used during competition for all kinds of records purpose i.e. time recording, computerized merit list, allotment of lane in Athletics & Swimming, Photo finish devices.
6. Video recording should preferably be done of all events in Athletics & Swimming and Quarter/ Semi-Final/ Final Bout/ Match to avoid any dispute.
7. All Playing equipment and materials should be of standard quality and new as approved by Federation/ Sports Authority of India to avoid any dispute/ injury during competitions.
8. It should be ensured that no participant/ player/ student will be allowed to participate without proper playing kit and accessories as per norms of the event.
9. Qualified Referees/ Umpires and officials should be engaged from Sports Federation/ Sports University/ Sports Institute for conducting of EMRS National Sports Meet 2024-25.

##### **II- Conduct of Tournaments /Competition etc.**

- (i) The Matches for team events will be played on knockout-cum-league basis and fixtures should be drawn on scientific method with information to all participating States.
- (ii) **For team events-**  
Teams will be divided into Two/ Four Pools as per entries of team and fixture will be drawn accordingly. The winner of quarter final will qualify for Semi- final. Final match shall be played between the winners of semifinals. In addition to this one hard-liner match will be played for 3<sup>rd</sup> & 4<sup>th</sup> Place. For drawing out fixtures, SGFI Guidelines may be referred to.
- (iii) The Fixture/ Match schedule must be communicated to all the Participating States well in advance and the same should also be displayed at prominent Notice board (preferably digitally)/ Places.
- (iv) The Organizing Committee will constitute a Technical-cum-Selection Committee for each event and Jury of appeal for the Tournament/Sports Meet.

The Composition of **technical-cum-selection** committee for each event shall be as:

- Person nominated by the State/ UT EMRS Society.
- EMRS PET as the Expert of Event.
- One Expert from SAI/ Sports Authority of State/ Federation/ Reputed Player.

**Jury of appeal** should consist of the following members:

- Person nominated by the State/ UT EMRS Host Society.
  - EMRS PET other than the Expert of Event.
  - One Expert from SAI/Sports Authority of State/ Federation/ Reputed Player.
  - One representative from NESTS will be in the jury team.
- (v) Organizing Authority or Principal/PGT/TGT (PET) will ensure that all technical equipment's/ accessorizes related with events are mandatory to use during matches/ competition in EMRS National Sports Meet/ Tournament.

**Note** - If the number of teams (team events) reporting for EMRS National Sports Meet 2024-25 are seven or less than seven, then tournament will be conducted on league cum knock out basis as per norms of Competition.

### **III- Individual Events-Competitions/Selection of team/ players**

- i. The games i.e. Table-Tennis, Badminton and Tennis will be held as singles and doubles (i.e. the State/ UT shall participate in one single & one double) for individual events i.e. Badminton, Table-Tennis and Tennis. State/ UT EMRS Societies will invite entries from individual players for State level singles tournaments and conduct the State level competitions directly. The best three players should be deputed for EMRS National Sports Meet 2024-25.
- ii. The Matches/Bout/Attempt/Competition for Badminton, Taekwondo, Tennis, Table-Tennis, Judo, Boxing, Archery, Athletics, Swimming, Shooting, Wrestling (Free Style) and Chess will be played as per the SGFI rules & norms.
- iii. If the number of participants is less than five, then participation certificate may be awarded to the Individual concerned and he / she may be selected/ recommended for next higher-level competition after trial. However, his or her physical fitness and playing ability as per norms should be recorded according to the concerned event. No merit certificate, medals and cash award will be given in such cases.

### **IV. - Team composition**

**As per Appendix - I**

**Note-**

- (i) Each State/ UT EMRS Society shall send **only one** team comprising of fixed number of players as mentioned in the guidelines. In the events involving weight categories only one player/per weight category is allowed. More than one player per weight category shall lead to disqualification of both the players. The number mentioned in the guidelines should not exceed in any case.
- (ii) The Stand by players shall be allowed to participate in case of any drop out from the event before reporting to the venue of EMRS National Sports Meet 2024-25.
- (iii) The team for EMRS National Sports Meet 2024-25 should be selected on the basis of the performance of the students in the EMRS State Level Sports Meet and shall consists of best players of the EMRSs running under the State/ UT EMRS Societies.
- (iv) A 15-20 days coaching camp of the selected players of the State level team **may** be conducted before the EMRS National Sports Meet 2024-25 for better co-ordination and co-operation amongst the players.

**V- The Following Guidelines is to be followed for engaging of Referees/ Umpires/ Officials-cum-selectors etc.**

- (i) Referee/Umpire/Officials cum selectors/Arbiters are to be engaged from the Federation/ Association/ Sports Academy/ SAI Centre/ Sports University/ Sports Department of a University.
- (ii) Each Referee/Umpire is required to carry out minimum three matches per day for team events like Football, Hockey, Basketball, Volleyball, Handball, Kho- Kho and Kabaddi. In case of less than three matches in a day, the payment should be made on pro-rate basis. However, for all Individual events and Team events Kho-Kho & Kabaddi, one Official/ Umpire/ Referee has to spend six hours (3+3 hours) per day in the conduct of event/ match.
- (iii) Number of officials cum selectors/ Umpires/ Referees may be decreased as meet/tournament progresses after quarter finals competition.
- (iv) Nature of duty of official(s) may be rotated as per requirement of events during competitions.
- (v) Daily records of engaged officials/ umpires/referees are to be maintained by the host State/ UT EMRS Society. Payment should be made, on the basis of no. of days engaged, either by PFMS/bank transfer/cheque or any other means but not in cash. Receipts of the same are to be maintained as record.
- (vi) Bills /Voucher should be verified by the Committee.

**Note:** One expert/official of event/game may be invited during the draw for fixture and fixed conveyance charges of Rs. 500/- may be given.

**VII- Calculation of Overall Championship at EMRS National Sports Meet 2024-25**

The overall sports championship will be determined based on a points system. Points will be allocated as follows: 5 points for Gold, 3 points for Silver, and 1 point for Bronze. The total score for each state will be calculated by summing the points earned across all categories, including U-14 Boys and Girls, and U-19 Boys and Girls, for both individual and team events.



## **SECTION- G**

### **SAFETY AND SECURITY MEASURES**

1. A 24hour help desk should be available at stay venue so that students/escort can contact them at any time in case of emergency/ any problem. The helpdesk staff should be equipped with the requisite facilities i.e. telephone/ mobile number to attend to the participating teams, escorts & others. A Register should be maintained in which complaints are noted along with action taken and date and time of redressal.
2. Important Contact numbers must be displayed prominently on notice boards and other frequently used places and a copy should be given to all escort teacher.
3. Visitor register should be maintained at stay venue. Unwanted visitors must be prohibited at stay & play venue. In case a child is expecting a visitor, the parent/ guardian of the child must have informed the escort and the Venue Incharge along with the details of the visiting person beforehand. A visitor turning up suddenly to visit a child should not be permitted in the premises. A child should not be allowed to go out without escort and permission of the venue Incharge. Escorts should have the telephone number of all the students under their care as well as their parents.
4. All safety measure should be in place viz. Fire safety, water tanks, septic tanks, drains and deep pits at the games and stay venue should be closed, terrace gate/ doors must be locked, electrical switches, wires, electric points and appliances must be checked to avoid any untoward incidents. The stay venue should be fumigated and pest control measures be taken well before the reporting of the teams for EMRS National Sports Meet. The area should be cleaned and extra vegetation, grass, bushes etc. removed.
5. Cleanliness should be ensured at all times.
6. Surveillance System must be functional and adequate number of Security guard be deployed round the clock at Dining area, Common places and corridor etc.
7. Medical facilities /Medical assistance must be arranged at stay & play venue at all times. In case of any emergency, nearby Hospital(s) should be referred to immediately.
8. Only authorized persons should be allowed for video & photography during Sports Meet.
9. Safe and secure transport facility should be arranged for the participating students & escort, from stay venue to play venue & vice-versa.



## **SECTION - H**

### **Guidelines for Expenditures**

- I. Expenditure by EMRSs-** The schools will make the following expenditure on their Teams/ Players from the grants received from NESTS/MoTA as per following details-
- a) Expenditure on conduct of School Level Sports Meet.
  - b) Expenditure on TA & DA of participating students during the journey period from their respective school to the Venue of the EMRS State Level Sports Meet and back.
  - c) Expenditure on playing kit and playing equipment/ playing accessories etc. for participating students of the EMRS State Level Sports Meet.
  - d) Expenditure on TA & DA for escort to the Venue (s) of the EMRS State Level Sports Meet/ Coaching camp/ assembling venue and back.
  - e) TA & DA of participating students for Journey period from School to Coaching Camp for EMRS National Sports Meet 2024-25 and back.
  - f) TA & DA of participating students for Journey period from School to assembling venue for EMRS National Sports Meet 2024-25 and back.

**II. Expenditure by State/ UT EMRS Societies on-**

- a) EMRS State Level sports Meet.
- b) Conduct of Coaching Camp.
- c) Playing kit and playing equipment/ playing accessories etc. of participating students for EMRS National Sports Meet 2024-25.
- d) TA & DA of participating students and escorts during the journey period from the assembling venue to the Venue of the EMRS National Sports Meet 2024-25 and back.

**Note-** Food/Transportation bills during journey period should not be insisted upon from escort teachers for EMRS State/ National Sports Meet. Self-Certified/ Verified bills should suffice.

**III. Expenditure by NESTS/ MoTA**

The expenditure **on conduct of EMRS National Sports Meet 2024-25** will be incurred by the **NESTS/ MoTA** in the following head:

- Food, Accommodation, Bedding, transportation etc. for Lodging and Boarding arrangements for participating Students, Escorting Staff, Coaches teachers etc. of National Sports Meet.
- Purchase of Medals, Trophies/ Shields, track suits for the officials/volunteers/ contingent managers/ State Nodal Officer SPOC, Printing of Certificates, coffee table book, miscellaneous (souvenir, invitation cards, banners, badges, cut outs, standings), etc.

- Hiring of tent/ Shamyanas (if required) and all arrangements for organizing of EMRS National Sports Meet 2024-25.
- IT Portal to be developed by the host state, which will be later on handed over to NESTS for future use.
- Hiring of Sports Infrastructure/Play grounds etc. other than EMRS ground.
- Honorarium to Officials cum selectors / Umpires / Referees etc. for conducting Sports Meet.
- Conduct of opening and closing ceremony duly following proper protocol.
- Photography and videography of the entire sports meet including opening & closing ceremony.
- Additional support staff necessary for the smooth conduct of the EMRS Sports meet in compliance with labour laws.
- Medical-aid, Transportation, Booking of Sports Infrastructure/ Play grounds etc. for EMRS National Sports Meet, if required other than EMRS Ground.
- Cash Prizes for Winners of EMRS National Sports Meet.

**Note-** No expenditure will be reimbursed for repairing & maintenance/ developing of playground/ field/ Arena/ ring/ Track.

## **SECTION – I**

### **FLAG COLORS ALLOTTED TO THE STATE/ UT EMRS SOCIETIES:**

**(Flags and Flag Poles to be provided by the host State/UT)**

<b>S.No.</b>	<b>STATE/ UT</b>	<b>ALLOTTED COLOURS FOR JERSEY</b>	<b>FLAG COLOUR</b>
1.	Andhra Pradesh	Violet with Magenta.	Violet
2.	Arunachal Pradesh	Violet with White.	Purple
3.	Assam	Purple with grey.	Lavender
4.	Bihar	-	-
5.	Chhattisgarh	Indigo with Pink.	Magenta
6.	Dadra & Nagar Haveli, Daman & Diu	Indigo with Sky Blue.	Royal Blue
7.	Gujarat	Royal Blue with White.	Navy Blue
8.	Himachal Pradesh	Royal Blue with Yellow.	Steel Grey
9.	Jammu & Kashmir	Blue with Pink.	Pastel Green
10.	Jharkhand	Blue with Grey.	Green
11.	Karnataka	Sky Blue with Navy Blue.	Olive Green
12.	Kerala	Sky Blue with Magenta.	Florescent Green
13.	Ladakh	Green with Grey.	Dark Grey
14.	Madhya Pradesh	Green with White.	Pale Yellow
15.	Maharashtra	Bottle Green with Brown.	Mustard Yellow
16.	Manipur	Bottle Green with Magenta.	Lemon Yellow
17.	Meghalaya	Yellow with Green.	Coffee
18.	Mizoram	Yellow with Red.	Orange
19.	Nagaland	Lemon Yellow with Purple.	Brown
20.	Odisha	Lemon Yellow with Brown.	Peach
21.	Rajasthan	Orange with Brown.	Beige
22.	Sikkim	Orange with Green.	Red
23.	Tamil Nadu	Magenta with White.	Pink
24.	Telangana	Magenta with Grey.	Maroon
25.	Tripura	Red with Green.	Burgundy
26.	Uttar Pradesh	Red with Blue.	Blizzard Blue
27.	Uttarakhand	Maroon with Yellow.	Sky Blue
28.	West Bengal	Maroon with White.	Turquoise (blue-green)

**Note: -**

For playing Kit & Track Suit, sublimation design may be chosen.

**AGE GROUP & NO. OF PARTICIPANTS/  
TEAM COMPOSITION**

**ATHLETICS (Track & Field):**

S. No.	Event	No. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	100 M	2	2	2	2
2.	200 M	2	2	2	2
3.	400 M	2	2	2	2
4.	4 * 100 M relay	4	4	4	4
5.	800 M	No Event	No Event	2	2
6.	1500 M	No Event	No Event	2	2
7.	4 * 400 M relay	No Event	No Event	4	4
8.	3 KM Walk	No Event	No Event	No Event	2
9.	5 KM Walk	No Event	No Event	2	No Event
10.	100 m Hurdle	No Event	No Event	No Event	2
11.	400 M hurdle	No Event	No Event	2	No Event
12.	High Jump	2	2	2	2
13.	Long Jump	2	2	2	2
14.	Shotput	2	2	2	2
15.	Discuss Throw	2	2	2	2
16.	Triple Jump	No Event	No Event	2	2
17.	Pole Vault	No Event	No Event	2	2
18.	Javelin Throw	No Event	No Event	2	2

**Note-** An athlete can participate in maximum three (03) Events besides the relay events. However, for U-14, an athlete can participate in maximum four (04) Events including the relay events.

**ATHLETICS- SPECIFICATION OF EQUIPMENTS, WEIGHT & HEIGHT AS PER SGFI NORMS.**

S. No.	Equipment Weights/ Heights	Boys		Girls	
		U-14	U-19	U-14	U-19
1.	100 M Hurdles	---	---	---	0.762 M
2.	400 M Hurdles	---	0.838 M	---	0.762 M
3.	Shot Put	4.0 Kg	5.0 Kg	3.0 Kg	3.0 Kg
4.	Discuss Throw	1.0 Kg	1.5 Kg	1.0 Kg	1.0 Kg
5.	Hammer Throw	---	5.0 Kg	---	3.0 Kg
6.	Javelin Throw	---	700 g	---	500 g

**SWIMMING:**

S. No.	Event	No. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	50 m free style	2	2	2	2
2.	100 m free style	2	2	2	2
3.	200 m free style	2	2	2	2
4.	4* 100 m free style relay	4	4	4	4
5.	50 m back Stroke	2	2	2	2
6.	100 m back Stroke	2	2	2	2
7.	200 m back Stroke	2	2	2	2
8.	50 m breast stroke	2	2	2	2
9.	100 m breast stroke	2	2	2	2
10.	200 m breast stroke	2	2	2	2
11.	50 m butterfly	2	2	2	2
12.	100 m butterfly	2	2	2	2
13.	200 m butterfly	2	2	2	2

**Note:** A swimmer may participate in three events besides the Relay events.

**BOXING:**

*(only one participant per weight category per State is allowed)*

**Under - 14**

S.No.	Weight category	Boys	Weight category	Girls
1.	28-30	1	30-32	1
2.	30-32	1	32-34	1
3.	32-34	1	34-36	1
4.	34-36	1	36-38	1
5.	36-38	1	38-40	1
6.	38-40	1	40-42	1
7.	40-42	1	42-44	1
8.	42-44	1	44-46	1
9.	44-46	1	46-48	1
10.	46-48	1	-----	----
11.	48-50	1	-----	----
<b>Total</b>		<b>11</b>	<b>-----</b>	<b>09</b>

**Under - 19**

S.No.	Weight category	Boys	Weight category	Girls
1.	42-46	1	42-45	1
2.	46-49	1	45-48	1
3.	49-52	1	48-51	1
4.	52-56	1	51-54	1
5.	56-60	1	54-57	1
6.	60-64	1	57-60	1
7.	64-69	1	60-64	1
8.	69-75	1	64-69	1
9.	75-81	1	69-75	1
10.	81-91	1	75-81	1
11.	91 & above	1	81 & above	1
<b>Total</b>		11	-----	11

**JUDO:**

*(only one participant per weight category per State is allowed)*

**Under - 14**

S. No.	Weight Category	Boys	Weight category	Girls
1.	21-25	1	18-23	1
2.	25-30	1	23-27	1
3.	30-35	1	27-32	1
4.	35-40	1	32-36	1
5.	40-45	1	36-40	1
6.	45-50	1	40-44	1
7.	50 +	1	44+	1
<b>Total</b>		07	-----	07

**Under - 19**

S.No.	Weight category	Boys	Weight category	Girls
1.	36-40	1	32-36	1
2.	40-45	1	36-40	1
3.	45-50	1	40-44	1
4.	50-55	1	44-48	1
5.	55-60	1	48-52	1
6.	60-66	1	52-57	1
7.	66-73	1	57-63	1
8.	73-81	1	63-70	1
9.	81-90	1	70+	1
10.	90+	1	-----	---
<b>Total</b>		10	-----	09

**KABBADI:**

<b>Kabaddi</b>	<b>Group</b>	<b>Under - 19</b>		
Weight Category & Court	<b>Boys</b>	Below 55 Kg	Court Size	12*8 M
	<b>Girls</b>	Below 55 Kg		12*8 M

**TAEKWONDO:**

*(only one participant per weight category per State is allowed)*

**Under - 14**

<b>S.No.</b>	<b>Weight category</b>	<b>Boys</b>	<b>Weight category</b>	<b>Girls</b>
1.	21-23	1	18-20	1
2.	23-25	1	20-22	1
3.	25-27	1	22-24	1
4.	27-29	1	24-26	1
5.	29-32	1	26-29	1
6.	32-35	1	29-32	1
7.	35-38	1	32-35	1
8.	38-41	1	35-38	1
9.	41 & above	1	38 & above	1
<b>Total</b>		09		09

**Under - 19**

<b>S.No.</b>	<b>Weight category</b>	<b>Boys</b>	<b>Weight category</b>	<b>Girls</b>
1.	42-45	1	36-40	1
2.	45-48	1	40-42	1
3.	48-51	1	42-44	1
4.	51-55	1	44-46	1
5.	55-59	1	46-49	1
6.	59-63	1	49-52	1
7.	63-68	1	52-55	1
8.	68-73	1	55-59	1
9.	73-78	1	59-63	1
10.	78 & above	1	63-68	1
11.	-----	---	68 & above	1
<b>Total</b>		10	-----	11

**WEIGHT LIFTING:***(only one participant per weight category per State is allowed)***Under - 19**

S.No.	Weight category	Boys	Weight category	Girls
1.	44-50	1	40-44	1
2.	50-56	1	44-48	1
3.	56-62	1	48-53	1
4.	62-69	1	53-58	1
5.	69-77	1	58-63	1
6.	77-85	1	63-69	1
7.	85-94	1	69-75	1
8.	94-105	1	75 & above	1
9.	105 & above	1	---	
<b>Total</b>		10	-----	09

**WRESTLING (FREE STYLE):***(only one participant per weight category per State is allowed)***Under - 14**

S.No.	Weight category	Boys	Weight category	Girls
1.	35	1	30	1
2.	38	1	33	1
3.	41	1	36	1
4.	44	1	39	1
5.	48	1	42	1
6.	52	1	46	1
7.	57	1	50	1
8.	62	1	54	1
9.	68	1	58	1
10.	75	1	62	1
<b>Total</b>		10	-----	10

**Under - 19**

S.No.	Weight category	Boys	Weight category	Girls
1.	57	1	50	1
2.	61	1	53	1
3.	65	1	55	1
4.	70	1	57	1
5.	74	1	59	1
6.	79	1	62	1
7.	86	1	65	1
8.	92	1	68	1
9.	97	1	72	1
10.	125	1	76	1
<b>Total</b>		10	-----	10



# OTHER EVENTS:

S. No.	Event	Maximum no. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	Archery (Total)	4	4	4	4
	Indian Round	2 or 1	2 or 1	2 or 1	2 or 1
	Recurve Round	1 or 2	1 or 2	1 or 2	1 or 2
	Compound	1 or 2	1 or 2	1 or 2	1 or 2
2.	Badminton (Total)	3	3	3	3
	Single	1	1	1	1
	Double	2	2	2	2
	<b>Note:</b> The State/ UT is allowed to participate in one single & one double.				
3.	Basket Ball	---	---	10	10
4.	Chess	3	3	3	3
5.	Foot Ball	---	---	15	15
6.	Gymnastics (Total)	3	3	3	3
	Acrobatic (individual)	1or 2	1or 2	1or 2	1or 2
	Floor (individual)	2 or 1	2 or 1	2 or 1	2 or 1
	Rhythmic (group)	3	3	3	3
	<b>Note:</b> A child is allowed to participate in one individual and one group event.				
7.	Hand Ball	---	---	10	10
8.	Hockey	---	---	16	16
9.	Kabaddi	---	---	12	12
10.	Kho-Kho	---	---	12	12
11.	Volley Ball	---	---	12	12
12.	Tennis (Total)	3	3	3	3
	Singles	1	1	1	1
	Doubles	2	2	2	2
	<b>Note:</b> The State/ UT is allowed to participate in one single & one double.				
13.	Shooting (Total)	3	3	3	3
	10m open sight Air Rifle	1	1	1	1
	10m peep sight Air Rifle	1	1	1	1
	10 m Air Pistol	1	1	1	1
	<b>Note:</b> A child is allowed to participate in one event only.				

S. No.	Event	Maximum no. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
14.	Table Tennis (Total)	3	3	3	3
	Singles	1	1	1	1
	Doubles	2	2	2	2
	<b>Note:</b> The State/ UT is allowed to participate in one single & one double.				
15.	Yoga (Total)	3	3	3	3
	Artistic (single)	1 or 2	1 or 2	1 or 2	1 or 2
	Artistic (pair)	2	2	2	2
	Rhythmic (Group)	3	3	3	3
	Traditional	2 or 1	2 or 1	2 or 1	2 or 1
	<b>Note:</b> A child can participate in maximum three events.				

### **MAXIMUM STRENGTH OF CONTINGENT PER STATE/UT**

S. No.	Name of the event/game	Boys		Girls	
		U-14	U-19	U-14	U-19
Individual or Semi-Team Sports					
1.	Archery	04	04	04	04
2.	Athletics	04	08	04	08
3.	Badminton	03	03	03	03
4.	Boxing	11	11	09	11
5.	Chess	03	03	03	03
6.	Gymnastics	03	03	03	03
7.	Judo	07	10	07	09
8.	Tennis	03	03	03	03
9.	Shooting	03	03	03	03
10.	Swimming	04	04	04	04
11.	Table Tennis	03	03	03	03
12.	Taekwondo	09	10	09	11
13.	Weight Lifting	00	10	00	09
14.	Wrestling (Free Style)	10	10	10	10
15.	Yoga	03	03	03	03
Sub-total		70	88	68	87

<b>Team Sports</b>					
1.	Basket Ball	---	10	---	10
2.	Football	---	15	---	15
3.	Handball	---	10	---	10
4.	Hockey	---	16	---	16
5.	Kabaddi	---	12	---	12
6.	Kho-Kho	---	12	---	12
7.	Volley Ball	---	12	---	12
<b>Sub-total</b>		<b>---</b>	<b>87</b>	<b>---</b>	<b>87</b>
<b>Total</b>		<b>70</b>	<b>175</b>	<b>68</b>	<b>174</b>

**Maximum Strength of a Contingent per State/ UT = 487**

**SPORTS PLAYING KIT, TRACK SUIT & ACCESSORIES**

<b>S. No.</b>	<b>Items</b>	<b>Games/ Events</b>
1.	Track Suit	All Events
2.	T-Shirts & Shorts	All Events
3.	Playing Kit (As per federation norms)	Athletics, Swimming, Taekwondo, Judo, Skating, Yoga and Boxing
4.	Shoes (Jogger) & Socks / Stockings	All Events
5.	Playing Shoes / Studs / Running Spikes / Ring Shoes/ Mat shoes	Boxing/ Kabaddi/ Taekwondo/ Athletics/ Football/ Hockey/ Tennis/ Badminton/ Basketball etc.
6.	Blazer (Coat)	All Events as per Modalities
7.	<b>Protection / Guard -</b> i.e. Arm Guard, Leg Guard (Shin), Abdominal Guard, Chest Guard Gum Guard, Patti, Gloves, Helmet, Skates, Goggles, Swimmer's Cap etc.	As per Games if required
8.	Sports Caps in Regional colors	All Events
9.	Scarf /Wrist Band,	All Events
10	Duffel/ kit bag for Participants (15 Inches -Drum Shape)	All Events
11.	Knee Caps/Anklets/ Wristband (As per games)	Kabaddi/ Volleyball / Kho-Kho / Hockey/ Football (as and when require)
12.	Racket/Bat (As per games & requirement)	Badminton /Table-Tennis / Tennis
13.	Hockey Sticks	Hockey as per requirement
14.	Common Accessories / equipment's(Carry - Back)	<ul style="list-style-type: none"> <li>• Hockey -Goal Keeper Kit.</li> <li>• Boxing- Gloves &amp; Head Gear.</li> <li>• Taekwondo-Head Gear &amp; Chest Guard.</li> <li>• Leg &amp; Arm – Guard/ Pad.</li> </ul>

**Note:** Standardized and Branded Playing materials/Items/ Accessories should be provided.

## EMRS National Sports Meet 2024-25

State/UT/Unit .....

## Certificate of Eligibility

Age Group: under 14/19 Boys /Girls

Latest Photo  
Name with date  
duly Attested by the  
Principal Head  
Master with Stamp

1.	Name of the Participant (In Block letters)	
2.	Father's Name (In Block Letters)	
3.	Mother's Name (In Block Letters)	
4.	Name of the School (In Block Letters)	
5.	Full Address of School (In Block Letters)	
6.	School's Phone No. with Code No.	
7.	Date of Birth (i) In Fig. (DD/MM/YYYY) (ii) In Words	
8.	Aadhaar No.	
9.	Passport No. (if available)	
10.	Discipline	
11.	Age as on 31 December 2024	___Years ___Months ___Days
12.	Permanent Address & Phone / Mob. No. (In Block Letters)	
13.	Admission No. & Year of Admission	
14.	Date of Joining the School	
15.	Standard & Section Studying this year	
16.	Standard Studying last year	
17.	Bank Detail of participant (If no then mention Mother/Father A/C No.)	Name of Account Holder: Bank: A/C No.: IFSC:
18.	Personal Identification Marks:	1. 2.
19.	Signature of the Participant	

**Certificate:**

1. Certified that the above participant is a bona fide student of this Institution for the academic year.
2. Certified that I have personally verified the admission records maintained in the school and found correct.
3. It is understood in the event of information furnished above found to be partly or wholly untrue, the above student is liable to be disqualified for a period of two years. In case the student is a member of the team, then the team is liable to be disqualified as a whole.

Signature of Principal

Signature of Competent Authority  
of the State/UT EMRS Society

Stamp

Stamp:

For Office Use Only

**Eligible / Not Eligible**

Name of Invigilator: \_\_\_\_\_

Sign. of Invigilator: \_\_\_\_\_

EMRS .....  
(Under ..... State/ UT EMRS Society)

F. No..... Dated.....

Sh. / Smt.:  
Parents of Master/Miss:  
Class & Section:

**Subject - Information and Consent letter for Participation/ Selection in Sports -regarding.**

Dear Sir/Madam,

1. Your ward Master/Miss..... Class..... section.....has been selected to represent the school in ..... (name of sport) in EMRS State Level/ National Sports Meet 2024-25 at Venue ..... from...../...../20.. to ...../ /20....
2. The Student will be escorted by EMRS teachers/Staff/Other and the Boarding and Lodging expenditure will be borne by the concerned authority. In case the student is selected to represent EMRS at a higher level, he/she will have to participate, the venue and date of events will be informed by the EMRS/Concerned Authority.
3. Furthermore, though the Escort/Teacher will always strive to take the best care of
4. the students, it is expected from you to counsel your child to be always disciplined and obeys the instructions of the teachers to ensure his/her own physical safety and maintain the decorum.

The EMRS/ State/UT EMRS Society/ NESTS/ Organizing Authority/ or the Escorting teachers / Staff shall not be held responsible for any Injury/ Damage /Loss / Mishappening due to non-obedience of the student.

5. He/she will follow Instructions/ Guidelines for selection and participation in Sports activities/competition.
6. You are requested to read the instructions carefully and give your consent in the prescribed Performa.

(.....)  
PGT/TGT (PET)  
Mobile No.....

(.....)  
Principal

The Principal  
EMRS .....

**Subject- Acceptance Letter by the Parents for Participation of their ward in Sports Activities/Competition regarding.**

Sir/Madam,

With reference to your letter No.....dated .....,  
I....., Father/Mother of Master/ Miss....., Class.....,  
Section....., of EMRS ..... (..... State), hereby state that **I HAVE NO OBJECTION IN SENDING MY WARD/DAUGHTER/SON** for participation  
in ..... (name of sport) in EMRS State Level/ National Sports Meet 2024-25 at Venue  
..... from...../...../20.. to ...../...../20....

I hereby agree to all the conditions mentioned therein and give my consent to his/ her participation. Further, in case of his/her the selection for higher level if found eligible, I shall not withdraw him/her from that level except in exceptional cases with due permission of State/ UT EMRS Society. I shall also instruct & counsel him/ her to strictly follow the directions & instructions of the Escorts/Teacher/Coach. I shall not hold EMRS/ State/UT EMRS Society/ NESTS responsible for anything arising out of the failure of my ward to follow the instructions and in case of non-selection of ward at any level.

I am submitting my consent letter along with Medical/Fitness certificate. I have full trust in EMRS/ State/UT EMRS Society/ NESTS as regard to participation of my ward in EMRS State Level/ National Sports Meet. I and my Family will neither violate any rule nor go against the instructions/decisions of Authority at any stage in the subject of sports participation/selection / Result.

Date: ...../...../.....

Parent's Signature: .....

Name of Parent: .....

Relationship with the Student: .....

Phone Number: .....

Address: .....

.....



**FORMAT OF MEDICAL FITNESS CERTIFICATE**

(To be obtained from an authorized Medical Practitioner)

I hereby certify that I have carefully examined Master/ Miss ..... S/o/ D/o Sri ..... whose signature is given below and based on my examination, I certify that Master/ Miss ..... is fit / unfit for participating in EMRS State Level/ EMRS National Sports Meet 2024-25.

Mark of identification: .....

Signature of the candidate: .....

Place :.....

Date :.....

Name & Signature of Doctor with Registration Number & seal