



NITTE INTERNATIONAL SCHOOL  
BANGALORE INTER-SCHOOL ONLINE SPORTS COMPETITION



**THIS TOURNAMENT IS EXCLUSIVELY FOR THE STUDENTS OF SCHOOLS IN BANAGLORE, INDIA.**

**All the information regarding the tournament will be sent on your registered email ID. Kindly check all the tournament related communication sent by SFAPLAY.COM for updates.**

#### **FITNESS CHALLENGE FORMAT**

- Each athlete can participate in only one age group.
- The given set of exercises for the participants are mentioned below:
  1. Push ups
  2. Burpees
  3. High Knees
  4. Sit- Ups
  5. Modified Push-Ups
  6. Plank
  7. Plank with alternate leg lifts
  8. Sumo Squats
  9. Wall Push-Ups

***\*Note: The participants will have to perform the 3 given set of exercises as instructed by the judges. The judges will instruct the participant to switch to the next set of exercise.***

#### **Event Schedule:**

The competition (live) will be held on 23<sup>rd</sup> March 2021 between 3:00 PM – 5:20 PM (IST).

<b>Age Group</b>	<b>Timings</b>
U-11 Boys	3:00 PM – 3:30 PM (IST)
U-15 Boys	3:30 PM – 3:50 PM (IST)
U-15 Girls	3:50 PM – 4:30 PM (IST)
U-19 Boys	4:30 PM – 5:00 PM (IST)
U-19 Girls	5:00 PM – 5:20 PM (IST)

**Eligibility Criteria:**

<b>Age Group</b>	<b>Cut off dates</b>
U-11	Born on or after 1 <sup>st</sup> January 2011
U-15	From 1st January 2007 to 31 <sup>st</sup> December 2010
U -19	From 1st January 2003 to 31st December 2006

**PRECAUTIONARY MEASURES TO BE TAKEN:**

- Avoid any exercise if it causes pain in joints.
- Breathe in and breathe out normally during each exercise.
- Exercises should be performed with the right form.
- Proper range and form should be maintained throughout the exercise.
- Avoid any exercise in case of neck, back or knee pain.
- Avoid any exercise in case you fall under any risk category like Hypertension, Diabetes.

**RULES & REGULATIONS**

- This Fitness challenge will be held online.
- Athletes must wear appropriate clothing.
- Athletes will perform the activities as part of the fitness challenge. The Judges will ask the participants to perform the 3 exercises assigned to their age groups from given set of 9 exercises.
- The participants will be scored and judged on the following parameters; Strength, Endurance, Balance, Posture and Flexibility.
- SFA will not be held responsible/liable to any injury that arises during the course of the event.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- The Tournament Organizing Committee has the right to postpone or cancel the fitness challenge in the case of unavoidable circumstances. All schools and athletes are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- Athletes will be allowed inside the meeting room basis their schedule. The host will allow the



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participants to perform their fitness challenge the others will have to wait patiently in the waiting room till they are admitted.

- All Participants must complete the registration process of the tournament.
- Participants will be considered as successfully registered only once he/she receives an SMS/email from SFA confirming the same.
- Having a stable internet connection is the sole responsibility of all participants.
- Organizers reserve the right to refuse an entry without giving any reason.
- The results will be emailed on your registered email ID.
- The Top 3 will be declared as winners.

**Important things to note:**

- Participants are supposed to log in 15 minutes prior to their schedule, if any player fails to log in, then he or she will not be eligible to play the tournament.
- Use the SFAPLAY.COM forum to raise any query / questions and patiently wait for the organizers to get back to you.
- Do not use abusive/aggressive/ foul language in the forum or in any communication with anyone, one should maintain the decorum of the tournament. **Organizer's decision would be final.** Usage of any abusive/aggressive/ foul language may result in disqualification.

**Prizes:**

- Winners E-Certificate.
- Participation E-Certificate.
- SFA Training Club Voucher of ₹99.
- The results will be declared by 7th April, 2021

For queries please contact: 022 49558095 or email us at [info@sfaplay.com](mailto:info@sfaplay.com)

**\*SUBJECT TO CHANGE**