RULE BOOK

ATHLIMA '25

IGNITE THE FIRE WITHIN

Athlima is the annual inter-college sports festival of Sikkim Manipal Institute of Technology, celebrating passion, perseverance, and sportsmanship. Over the years, it has become one of the most anticipated sporting events in the region, bringing together students from various colleges and disciplines.

The last Athlima's saw a wave of talent, from high-energy games like football and basketball to more high-participation such as badminton, cricket, and chess. The tournament emphasized teamwork, dedication, and the true spirit of competition.

Athlima 2025 continues this legacy, aiming to take the experience bigger and better while upholding the values of unity, excellence, and fair play.

ABOUT ORGANIZERS

Sikkim Manipal Institute of Technology (SMIT) is a center of innovation and holistic development. The SMIT Sports Council promotes fitness, teamwork, and sportsmanship while encouraging a healthy balance between academics and co-curricular activities.

Athlima 2025 is organized by the Sports Council with the otherwise of Planning, execution, logistics, and sportsmanship among students. The event is coordinated by Chief Coordinator - Kashish Agarwal and Sports Secretaries, who have overseen the planning, management, and successful execution of Athlima '25.

The organizing team Tournament Coordinator - Shubham Pradhan and Dr. Rahul Vishwakarma, Faculty Coordinator and Mr. Ankit Kumar Agarwal, Director - Sports Council, whose mentorship and dedication support have been instrumental in shaping Athlima'25.

With the combined efforts of faculty, volunteers, and the student body, the organizing team ensures a smooth Athlima 2025 a successful and memorable celebration of sports at SMIT.

CODE OF CONDUCT

1. Registration:
Each college/team/college may register only one team per team sport.

2. Conduct and Discipline:
Participants must maintain a decent language or disrupting game decorum will be strictly prohibited.
Teams must report 15 minutes before the scheduled match. Punctuality is mandatory.

3. General Rules:
Athlima is a friendly and competitive sports event. Organizers may amend rules as needed and will inform teams of any changes.
Only registered players are allowed to participate.
College ID cards may be checked by the entry into the SMIT campus.
The tournament organizers reserve their rights to make any amendments to the rules as and when required and the decision will be communicated to the teams.

4. Prizes:
Winners and runner-ups will be awarded per sport.

BADMINTON

RULES AND REGULATIONS

1. Team Composition:

- Each team shall consist of a minimum of 4 and a maximum of 6 players, of which the same number of women.

2. Tournament Format:

- Until Quarter Finals: Best of 3 sets of 3 matches (MS, WS, MD, WD, MIXED)
- Each match will be of 3 sets of 21 points, extendable to 25 points, following the 2 points lead to win.
- Semi Finals & Finals: Best of 5 set of 3 matches, each of 3 sets of 21 points, extendable to 30 points, following a golden point if required.

3. Dress Code:

- Non-marking shoes are mandatory. Shorts must be trimmed, and jerseys must be tucked in. Caps and shorts/ jeans, shirts, or tees are not allowed.

BASKETBALL (MEN)

RULES AND REGULATIONS

1. Team Composition:

- Each team shall consist of 5 players, with 5 players on the court during play.

2. Tournament Format:

- Up to Semi Finals: Best of 3 sets of 20 minutes each, 10 minutes rest.
- Semi Finals & Finals: Best of 3 sets - first two to win.
- Each set is 20 minutes.
- Knockout format with 10 minutes rest between sets. Matches will be a knockout format.
- Tie-breaker Rule: If the scores are tied at the end of the last set, the winner is decided by a single free throw, with each team allowed one attempt.

3. Dress Code:

- Jerseys, shorts, and sneakers are mandatory. Jeans, cargoes, slippers, or sneakers are not allowed.

BASKETBALL (WOMEN)

RULES AND REGULATIONS

1. Team Composition:

- Each team shall consist of 5 players, with 5 players on the court during play.

2. Tournament Format:

- Up to Semi Finals: Best of 3 sets of 20 minutes each, 10 minutes rest.
- Semi Finals & Finals: Best of 3 sets - first two to win.
- Each set is 20 minutes.
- Knockout format with 10 minutes rest between sets. Matches will be a knockout format.
- Tie-breaker Rule: If the scores are tied at the end of the last set, the winner is decided by a single free throw, with each team allowed one attempt.

3. Dress Code:

- Jerseys, shorts, and sneakers are mandatory. Jeans, cargoes, slippers, or sneakers are not allowed.

VOLLEYBALL (MEN & WOMEN)

RULES AND REGULATIONS

1. Team Composition:

- Teams must have 12 players.

2. Tournament Format:

- Up to Semi Finals: Best of 3 sets - first team to win.
- Semi Finals & Finals: Best of 5 sets - first team to win.
- Each set is 25 points, with a 2 points lead required to win.
- Knockout format with 10 minutes rest between sets. Matches will be a knockout format.
- Tie-breaker Rule: If the scores are tied at the end of the last set, the winner is decided by a single free throw, with each team allowed one attempt.

3. Dress Code:

- Jerseys, shorts, and sneakers are mandatory. Jeans, cargoes, slippers, or sneakers are not allowed.

CRICKET (MEN)

RULES AND REGULATIONS

1. Team Composition:

- Each team must have up to 11 players. The match is per team 20 overs.

2. Tournament Format:

- Matches will follow a knockout format.
- Group B: Quarter Finals: 10 over each side.
- Semi Finals, Finals: 20 over each side.

3. Bowling Rules:

- Maximum Two bouncers can be bowl per Bowler in 20 & 10 & 5 overs.
- A maximum of 5 fielders allowed on the leg side.
- Wide, no-ball, bouncer and wicket keeper.

4. Dress Code:

- Players must wear proper cricket attire, shorts or tees are not permitted.

FOOTBALL (MEN)

RULES AND REGULATIONS

1. Team Composition:

- Teams must contain of 9-20 players, Not Fewer. The team is open to any gender.

2. Tournament Format:

- Matches will be a knockout format with 10 minute rest between each session. Matches will be decided by single elimination.
- Tie-breaker Rule: If the scores are tied at the end of the last set, the winner is decided by penalty shoot-outs, with each team allowed five attempts.

3. Dress Code:

- Players must wear proper jerseys, shorts, shin guards, and cleats. Sneakers and sandals are not allowed.

FUTSAL (WOMEN)

RULES AND REGULATIONS

1. Team Composition:

- Each team shall have 7 players, with 4 on the field at a time.

2. Tournament Format:

- Knockout format with 15 minute buffer between matches.
- Matches will be 15 minutes per half, with 3 minutes extra time if needed.
- Rules: Futsal law per team, sudden death if still tied.

3. Dress Code:

- Players must wear jersey, shorts, and shin guards. Track pants or casual wear are not allowed.

CHESS

RULES AND REGULATIONS

1. Team Composition:

- Each team can have up to 4 players in playing - 1 substitution.

2. Tournament Format:

- Knockout format: Finals: Win - 1, Draw - 1, Lose - 0. Quarter Finals: 15 minutes timer, Semi Finals & Finals: 30 minutes timer.

3. Dress Code:

- Unprofessional attire, tees with pages are mandatory. Jeans or sneakers are allowed.

TABLE TENNIS

RULES AND REGULATIONS

1. Team Composition:

- Teams must include 4 players (2 men and 2 girls).

2. Tournament Format:

- Until Quarter Finals: Best of 3 games to 11 points each.
- Semi Finals: Best of 5 matches (3 singles, 2 doubles).
- Finals: MS, WS, DS, MD, WD. A player may play in Game 2 - events.

3. Dress Code:

- Non-marking shoes and sports attire (T-shirt with shorts or track pants) are compulsory. Jeans or crocs are prohibited.

BEST PHYSICUE (MEN)

RULES AND REGULATIONS

1. Weight Categories

The categories will be held in five categories:

Category	Weight Limit
1. Light Weight	Upto 60 kg or 132 lbs
2. Middle Weight	Upto 70 kg or 154 lbs
3. Light Heavy weight	Upto 80 kg or 176 lbs
4. Heavy weight	Upto 90 kg or 198 lbs

2. Minimum Competitors

Each weight group must have at least six competitors.

3. Judgement Criteria

Judges will score the contest on the most proportionately developed physique.

4. Disqualification

Any dehydrated, pressured backbone, stopping posture, low legs, hydrolysis, etc. will lead to disqualification.

5. Competition Format

Prejudging, posing, and final rounds.

6. Dress Code

Non-sexual gown should be applied to the body at any stage.

SWIMMING (MEN & WOMEN)

RULES AND REGULATIONS

1. Competition Layout:

- All events will be individual.

2. Events & Distances:

- Freestyle, Backstroke, Breaststroke, Butterfly - 50m each.

3. Formal & Rules:

- Events will have heavy followed by finals, based on seeding on the system. Lanes 1 - 6 will be used.
- Participants must wear a swimsuit, cap, goggles, ear plugs, and other like items in order to participate.

4. Dress Code:

- Swimsuits, caps, goggles, and nylon costumes are mandatory. T-shirts and jeans are not allowed.

ATHLIMA'25

Get ready for the ultimate sports showdown of the year! Athlima 2025, hosted by Sikkim Manipal Institute of Technology (SMIT), brings together passionate athletes from across the region to compete, celebrate, and showcase the spirit of sporting excellence.

Athlima 2025 is more than just a tournament it is a gathering of athletes, a celebration of sportsmanship, determination, and unity.

This year promises to be even bigger, loaded and more exciting than ever, featuring a diverse lineup of sports that cater to both competitive athletes and fun enthusiasts.

From high-energy games like football and basketball to more chill, or capturing every moment - Athlima 2025 is where champions are made.

Join us as we celebrate the spirit of sportsmanship, the bond of teamwork, and the thrill of competition. Be ready to witness and be a part of Athlima 2025 as we gear up for an unforgettable sporting experience!

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