

F. No.01-14022/10/2023-Stadia(HO)

Date: 13.08.2023

CIRCULAR

National Sports Day is celebrated on 29th August every year to commemorate the birth anniversary of Indian hockey legend [Major Dhyan Chand](#). Sports Authority of India shall celebrate the National Sports Day, 2023 on 29th August 2023 in a befitting manner at JLN Stadium (SAI HQ), Regional Centres and other SAI Centres.

2. All Officers/ staff (regular/contractual/outsourced) in SAI Head Office (including Stadia) are cordially invited to attend the National Sports Day, 2023 celebrations on 29.08.2023. The function/games will be organised at **Jawaharlal Nehru Stadium, New Delhi.**

3. The Houses will be as follows:

Team No	House	Colour of the House	Divisions	Lead Division	In-Charge
1	Milkha Singh	Pink	<ul style="list-style-type: none"> • TOPS • Operations 	Operations	DDG, Operations
2	Karnam Malleshwari	Red	<ul style="list-style-type: none"> • Khelo India • Fit India 	Khelo India	DDG, KI
3	Neeraj Chopra	Sky Blue	<ul style="list-style-type: none"> • Stadia • Teams • All Stadia • Coach Dev. & Training • Special Project • Library 	Stadia	DDG, Stadia / Teams
4	Sakshi Malik	Black	<ul style="list-style-type: none"> • Finance • Vigilance • Sports Science • AICS • NDTL 	Finance	ED, Finance
5	P.V.Sindhu	Yellow	<ul style="list-style-type: none"> • Dept. of Sports • NADA 	Dept. of Sports	Director, MYAS
6	K.D.Jadhav	Dark/Royal Blue	<ul style="list-style-type: none"> • O/o DG SAI • O/o Secretary SAI 	Personnel & Coaching	Secretary, SAI

			<ul style="list-style-type: none"> • Personnel • Coaching • Coordination • Equipment Support • GAD • Legal • Infrastructure • Media • IT • Rajbhasha 	
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- In-Charge shall nominate players who can represent their house team for each event.
- In-charge of teams shall ensure that coaches do not participate in events where they have discipline expertise. This will ensure a level playing field for every participant.
- In-charge of house can nominate a captain for team games wherein necessary.
- **In order to make the games environmentally friendly, all participants may please carry their own water bottle to the sports day. Water dispensers will be available at the FOPs and serving / dining area and can be refilled.**
- **Further, 1 coupon per participant will be provided for availing lunch on sports day. Any additional snacks / food / beverage can be purchased from the vendor at own cost.**

4. The list of games (both competitive and fun) and age categories for participation are mentioned under:

- **Each individual can participate in a maximum of 2 competitive games and 3 fun games (limit is games wise and not event wise).**

A. LIST OF COMPETITIVE GAMES:

(i) “6” A SIDE HOCKEY PENALTY STROKES:

- Registered team participants will play a hockey penalty stroke match in remembrance of Major Dhyan Chand.
- A team shall comprise of 6 players each (including goalkeeper).
- 5 players from each team shall take penalty stroke and the team which scores maximum penalty strokes shall be declared the winners.
- Manpower required: 1 Referee. 1 umpire (scorekeeper).
- Equipment required: 2 Goal posts, standard Hockey kit and equipment.
- Each team shall comprise of minimum two women participants.
- The team shall include three members below 35 years, two in the age group of 35-50 yrs. and one above 50 yrs.

(ii) “6” A SIDE FOOTBALL

- A team shall play a football match with 6 players each (including goalkeeper). Further, 3 substitute players can be kept in the team.
- The match duration will be 25minutes spread across 2 halves, each of 10 minutes (with a 5-minute break).
- The game shall be played in knockout format where each winning team progresses to the next round.
- Manpower required: 1 Referee, 2 Line Referees.
- Equipment required: 4 mini goalposts, 10 footballs, line flags, referee whistle.
- Minimum of two women should be included in the starting line-up.
- The team should include three members below 35 years, two in the age group of 35-50 yrs. and one above 50 yrs.

(iii) 5 OVER CRICKET

- The team shall comprise of 11 players including a wicket keeper.
- One player can bowl a maximum of 1 over. Every batsman can face a maximum of 6 balls.
- Mandatorily 1 over should be bowled by a female team member.
- Manpower required: 1 Umpire.
- Equipment required: 6 Bats. Tennis balls and scoring sheets for participants.
- Minimum two women participants should be included.
- The team should include 5 members below 35 years, 4 in the age group of 35-50 years and 2 above 50 yrs.

(iv) 6 A SIDE VOLLEYBALL

- The team shall comprise of 6 players.
- 11 points game. Best of 3 sets per match.
- Manpower required: 1 Umpire.
- Equipment required: 6 Volleyballs. 2 Volleyball Nets.
- Minimum two women participants should be included in each team.

(v) TABLE TENNIS

- The team shall comprise of 2 players – doubles and mixed doubles.
- 1 set –race to 11 points game.
- Manpower required: 1 Umpire.
- Equipment required: 20TT racquets. 20 TT balls.

(vi) BADMINTON

- The team shall comprise of 2 players – mixed doubles & doubles team.
- 1 set –race to 21 points game.
- Manpower required: 1 Umpire.
- Equipment required: 10 Badminton racquets. 10 Shuttlecocks.

(vii) TUG OF WAR

- Participants shall be divided into 2 teams.
- Method of Play: Each team has to pull the rival teams lead player beyond the central line by pulling the rope together.
- Team which is able to pull the rival team beyond the central line shall be declared as the winner.
- A Team shall consist of 10 participants Manpower required: 2 (1 Referee. 1 scorekeeper).
- Equipment required: 1 Jute Rope, 1 handkerchief to be tied at centre.
- Men and women team events will be conducted separately.

(viii) RACE TO FINISH

- All participants shall stand at the start line and run towards the finish line.
- The events to be held are 100 m and 4x100 m relay race.
- All individual races shall be organized in 3 separate age groups each (i.e. Below 35 years, 35years to 50 years and Above 50 years).
- Manpower required: 3 Referees.
- Equipment required: Racing baton.
- A relay team will comprise of two women members and two men members. The relay team will also include two members below 35 years, one in the age group of 35-50 yrs. and one above 50 yrs.

(ix) 800m BRISK WALK

- All participants would be grouped in three age groups – below 35 years, 35 to 50 years and above 50 years.
- All participants shall stand at the start line and walk towards the finish line.
- Participant finishing first shall progress to the next round / declared winner.
- Manpower required: 3 Referees.
- Equipment Required: Standard Track & Field.

B. LIST OF FUN GAMES:

(x) SACK RACE

- All the participants shall get an empty jute sack at the start line.
- The participants on listening start whistle, shall put their legs inside the sack and start hopping towards the finish line.
- The Participant who crosses the finish line first shall be declared the winner.
- Manpower required: 2 (1 Referee, 1 Observer).
- Equipment required: Jute Sack for all the participants, 1 Whistle.

(xi) 3 LEGGED RACE

- Participants shall be divided into teams of 2 participants each. Each team will comprise of participants from same gender.

- One leg of each teammate shall be tied together with the leg of their respective teammates.
- Both the teammates have to run together towards the finish line in coordination. The team that crosses the finish line first shall be declared as the winners.
- Manpower required: 2 Referees. 2 observers according to the number of participants.
- Equipment required: Rope to tie participants feet, 1 whistle.

(xii) LEMON AND SPOON RACE

- All the participants have to keep a spoon in their mouth and place a lemon on it.
- The participants shall run towards the finish line without holding the spoon and lemon with their hands. Further, at any point of time if any participant drops the lemon on ground, then they shall be disqualified from the race.
- The person who crosses the finish line first shall be declared as the winner.
- Manpower required: 3 (1 Referee and 2 Observers).
- Equipment required: Spoons and Lemons for the participants, 1 whistle.

(xiii) CATCH THE JALEBI/BUN

- A jalebi shall be tied on a thread and hung overhead the participant.
- Method of Play: Participant shall try to catch the overhung Jalebi/Bun with their mouth by jumping. In this process participant's hands shall be tied at the back.
- The participant who can catch the jalebi/bun in the least amount of time shall be declared as the winner.
- Manpower required: 1 Referee and 2 Observers.
- Equipment required: Jalebi/Bun as per availability.

(xiv) HIT THE BULLS EYE

- Each participant will have to throw a total of 3 darts at a target kept at a distance of 5 m.
- Combined score of 3 darts will be used to calculate the top scorer.
- In case of tied score, the winner shall be decided by a sudden death shoot-off.
- Manpower required: 2 referees.
- Equipment required: 1 set of darts and board.

S.No	Name of Game	Below 35 years	35 to 50 years	Above 50 yrs	Combined Men & Women
1	6 A Side Hockey Penalty Shootout		Y		Y
2	6 A Side Football		Y		Y
3	5 Over Cricket		Y		Y
4	6 A Side Volleyball		Y		Y
5	Table Tennis		Y		Y
6	Badminton		Y		Y
7	Tug Of War		Y		N
8	100 m individual	Y	Y	Y	N

S.No	Name of Game	Below 35 years	35 to 50 years	Above 50 yrs	Combined Men & Women
9	4 X 100 m relay		Y		Y
10	800m Brisk Walk	Y	Y	Y	N
11	Sack Race		Y		Y
12	Three Leg Race		Y		Y
13	Lemon & Spoon Race		Y		Y
14	Catch the Jalebi/Bun		Y		Y
15	Hit the Bulls Eye		Y		Y

5. The Dhyanchand Champions Trophy will be given to the team which wins maximum number of Gold Medals. In case of two teams securing same number of gold medals, winners will be declared based on maximum number of silver medals. If both teams secure same number of silver medals, then the maximum number of bronze medals will decide the winner.

The Dhyanchand Runners-Up Trophy will be given to the team which secures second position.

Team Spirit Award will be given to the house with maximum participants.

6. **The commencement of registrations and last date for registrations will be intimated separately through an email.** An online Google sheet will be shared with all the Heads of Divisions in Head Office (including Stadia) as well as Department of Sports, MYAS to get the data from employees under their jurisdiction. The format of the Google sheet is as under:

NATIONAL SPORTS DAY CELEBRATION - 29 th August 2023									
Name of Employee	Designation	Division	D.O.B (DDMMYY)	Age	Gender	Comp. Event 1	Comp. Event 2	Fun Game 1	Fun Game 2
D Bose	UDC	Stadia	15/05/1965	58	Male	5 over cricket	5 a side football	Catch the Bun/Jalebi	Hit the Bulls Eye
T Kumar	MTS	Dept. of Sports	19/02/2001	22	Male	5 over cricket	100 m individual	3 leg race	Lemon & Spoon Race
-	-	-	-	-	-	-	-	-	-

7. The arrangements for refreshments, memento for games/function etc shall be made by stadia Division. Branding arrangements shall be made by GAD. The detailed budget allocation will be intimated separately.

8. In this regard, the following committees are formed to ensure smooth conduct of the sports day:

Name of committee	Responsibilities	Constitution
Executive Committee	<ul style="list-style-type: none"> ● Budget allocation ● Finalize list of fun games and competitive games ● Finalize medal count for competitive games and fun games ● Decide award categories ● Finalize minute-to-minute for presentation 	<ol style="list-style-type: none"> 1. Mr. Shiv Sharma, DDG Stadia/TEAMS- Chairperson 2. Lt. Col. Yadvinder Singh Sandhu, Director, Infra Division 3. Mr. Ramesh Chander, Director GAD 4. Mr. C. Dhandapani, Director, Personnel & Coaching 5. Ms. Divya Jeychandren, DD, Stadia 6. Mr. I S Pabla, Administrator JNS 7. Mr. Dilip Kumar Singh, Administrator, MDCNS
Technical Conduct, Venue management & Presentation	<ul style="list-style-type: none"> ● Propose list of competitive games & fun games ● Finalize venues for hosting each game ● Ensure venue readiness on T-1 ● Formalize rules & regulations for each game ● Ensure games start on time as per final schedule ● Briefing of technical officials and volunteers ● Prepare trophy / medal presentation event flow ● Finalize list of equipment required for each game ● Venue Branding – backdrop, standees, panels etc 	<ol style="list-style-type: none"> 1. Lt. Col. Yadvinder Singh Sandhu, Director, Infra Division 2. Mr. Atul Singh, DD, KITD 3. Mr. Devesh Yadav, AD, KITD 4. Mr. Sachin Wayal, AD, SLKIC 5. Mr. Dilip Kumar Singh, Administrator, MDCNS 6. Ms. Divya Singh, PO, Operations 7. Mr. Akshay Chauhan, JC, JNS 8. Ms. Shelly Wankhade, YP, Dr. KSSR
Registration, Team Formation and Scheduling of events	<ul style="list-style-type: none"> ● Finalize House names ● Finalize number of teams for each game (individual / team) ● Create google sheet for registration ● Monitor online registrations ● Prepare final fixture list for each game ● Communicate fixture list to Heads of Division in advance (T-2) ● Prepare list of medals / trophies required for each game 	<ol style="list-style-type: none"> 1. Mr. Himanshu Singh, AD IT 2. Mr. Aditya Raman, AD IT 3. Mr. Vijay Krishnan, Consultant 4. Ms. Vandana Sharma, JC Stadia 5. Mr. Jatin Sharma, YP, IGSC
Procurement	<ul style="list-style-type: none"> ● Procure trophies/ medals/ souvenirs/ 	<ol style="list-style-type: none"> 1. Mr. Narendra Singh Ujjwal,

of Material / Logistics Management	equipment etc <ul style="list-style-type: none"> Identify storage rooms and ensure material is stored properly Ensure material reaches at venue latest by T-1 Ensure FOPs have adequate chairs/tables for technical officials / volunteers 	AD, KI 2. Mr. Satyadev, JtAdministrator JNS 3. Mr. HarshkantKulshreshta, JC, JNS 4. Mr. Ayush Bisht, YP, ES 5. Ms. Meenu Sharma, YP, JNS
Food & Beverage Services	<ul style="list-style-type: none"> Adequate water bottles/energy boosters such as Glucon D to be present at each FOP / venue of game Food packets to be arranged as per final count received from registration team Food Coupons to be arranged. Each participant will receive one food coupon (for Lunch); to be handed over to Heads of Divisions (Houses) 	1. Mr. Ramesh Chander, Director GAD 2. Mr. Arun Kumar Sharma, AD Stadia 3. Mr. Gopi Chand, GAD 4. Mr. Gurbarinder Singh, JNS 5. Mr. Sunil Kumar, Assistant, JNS 6. Mr. Nishant Panwar, JC, Infra 7. Mr. Sachin Chawla, YP, Vigilance
Medical Services	<ul style="list-style-type: none"> Ensure Adequate first-aid kit is available in every FOP Ensure BLS ambulance is present at venue Ensure presence of doctors in case of emergencies 	1. Mr. Aakash Pundir, AD, NCSSR 2. Dr. Sagar Khanna, JNS 3. Dr. Irfan, IGSC 4. Mr. Sourav, YP, IGSC 5. Ms. Durbashree Bhattacharya, YP, NCSSR
Branding	<ul style="list-style-type: none"> Design approval to be given by Executive Committee 	To be arranged by GAD



(Shiv Sharma)

Deputy Director General

Copy to,

1. CVO, SAI
2. All Divisional Heads in SAI Head Office
3. All Stadia Administrators
4. DDO, HO
5. SO to DG, SAI
6. SO to Secretary, SAI