



(PERSONNEL DIVISION)

Jawaharlal Nehru Stadium
Complex (East Gate-10)
Lodhi Road, New Delhi-110003

F. No.01-04018(01)/3/2022-HO – Personnel/946

Date:-23.08.2022

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 being a National field organization of Sports of the Government of India, it is expected to celebrate the National Sports Day, 2022 in befitting manner at SAI Head Office (including Stadia), Regional Centres and other SAI Centres.

All Officers/ staff (regular/contractual/outsourced) in SAI Head Office (including Stadia) are cordially invited to attend the National Sports Day, 2022 celebrations on 29.08.2022 at 8.30 AM. The function/games will be organised at Jawaharlal Nehru Stadium, New Delhi.

All arrangements including branding, refreshment, memento for games/function shall be made by stadia Division. In this connection, Executive Director (Stadia), who will be overall in-charge, will form committees/sub committees for smooth conduct.

The 05 fun games and 05 competitive games shall be conducted. The detailed procedure to be followed is at **Annexure-I**.

The eligible age groups game-wise and number of medals for each game is at **Annexure-II**

An online Google sheet is 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 at **Annexure-III**. An individual can opt for a maximum two fun events and two competitive games.

On receipt of data from the employees, they will be grouped into Houses as per their choice of games. The list of Houses approved is attached at **Annexure-IV**.

This is issued with the approval of Competent Authority.


(C .Dhandapani)
Dy. Director (Pers.)

Copy to,

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

LIST OF COMPETITIVE GAMES

“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.

“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 for smooth conduct of the game.
- The match duration will be 25 minutes spread across 2 quarters, each of 10 minutes (with a 5-minute break)
- The game shall be played in the knockout format where every winning team progresses to the next round.
- Manpower required: 1 Referee, 2 Line referees
- Equipment required: 4 mini goal posts, 10 footballs, line flags, referee whistle
- Minimum two women member should be included.
- The team should include three members below 35 years, two in the age group of 35-50 yrs. and one above 50 yrs.

5 OVER CRICKET

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

TUG OF WAR

- Participants shall be divided into 2 teams.
- Method of Play: Each team has to pull the rival team's 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: 3 (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.

RACE TO FINISH

- All the participants shall stand at the start line and run towards the finish line.
- The event to be held are 100 meter and 4x100 meter relay race.

- All individual races shall be organized in 3 age groups each (i.e. Below 35 years, 35 years 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.

Note: Coaches from a specific sporting discipline (from the list of five competitive games provided above) cannot participate in that sport. However, they can participate in remaining four sporting competitions.

LIST OF FUN GAMES

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

THREE-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

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

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.

HIT THE BULLS EYE

- Each participant will have to throw a total of 3 darts at a target kept at a distance of 5mtr.
- Combined score of 3 darts will be used to calculate the top scorers.
- In case of tied score, the winner shall be decided by a sudden death shoot off wherein a person who shoots lower score will lose.
- Manpower required: 2 Referee
- Equipment required: 1 set of Darts and board

The Schedule of medals Game-wise

Name of the sports	Winner (Gold)	1 st Runners- up(Silver)	2 nd Runners- up (Bronze)
Competitive Games			
“6” A Side Hockey Penalty Shootout	1	1	1
“6” A Side Football	1	1	1
5 Over Cricket	1	1	1
Tug of war (Men & Women)	2	2	2
Race to finish 100 Meter (Men) below 35, 35-50, 50 above 100 Meter (Women) below 35, 35-50, 50 above 4x100 Combined relay (2 male 2 female in one team) all age group.	7	7	7
Fun Games			
Sack Race	1	1	1
Three leg race	1	1	1
Lemon & Spoon Race	1	1	1
Catch the jalebi/Bun	1	1	1
Hits the Bull's eye	1	1	1
Total	17	17	17

1. The Dhyanchand Champions Trophy will be given to the team which is winning maximum no 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 secures same number of silver medals, then the maximum number of bronze medal will decide the winner).
2. The Dhyanchand Runners-Up Trophy will be given to the team which is securing second position.
3. The house from which the maximum number of participants are participating , that house will be the winner of Team Spirit Award.

Eligible Age group for each game

S. No	Name of the Game	Age below 35 yrs.	35 – 50 yrs. age	Above 50 yrs. age	Combined Men and Women
1.	“6” A Side Hockey Penalty Strokes	✓	✓	✓	✓
2.	“6” A Side Football	✓	✓	✓	✓
3.	5 Over Cricket	✓	✓	✓	✓
4.	Tug Of War	✓	✓	✓	-
5.	100 M Race	✓	✓	✓	-
6.	4 X 100 M Relay	✓	✓	✓	✓
7.	Sack Race	✓	✓	✓	✓
8.	Three-Legged Race	✓	✓	✓	✓
9.	Lemon And Spoon Race	✓	✓	✓	✓
10.	Catch The Jalebi/Bun	✓	✓	✓	✓
11.	Hit The Bullseye	✓	✓	✓	✓

Annexure-IV

The participants shall be as grouped as per Annexures given below:-

Team No	House	Divisions	Lead Division	In-Charge
1.	Milkha Singh	TOPS Operations	TOPS	CEO
2.	Karnam Malleshwari	Khelo India FIT India Media	Khelo India	Sr. Director, Khelo India
3.	Neeraj Chopra	Stadia Division All Stadia Vigilance Sports Science AICS	Stadia Division	Executive Director
4.	Sakshi Malik	TEAMS Coach Development & Training Finance	TEAMS	Executive Director
5.	P.V Sindhu	Department of Sports	Department of Sports, MYAS	Sh. Jatin Narwal, Director, Department of Sports, MYAS
6.	K. D Jadhav	O/o DG SAI O/o Secretary SAI Personnel Coaching Coordination Equipment Support GAD Legal Infrastructure Information Technology (IT) Special Project Library Rajbhasha	Pers. & Coaching	Secretary, SAI

Note:

- 1) In-Charge shall nominate players who can represent their house team for each event.
- 2) Every House should field two teams in competitive team sports.
- 3) 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.
- 4) In-charge of house can nominate a captain for team games wherein necessary.