



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA
भारत सरकार / GOVERNMENT OF INDIA
खेल विभाग / DEPARTMENT OF SPORTS

(An Autonomous Body under Ministry of Youth Affairs and Sports)
(युवा कार्यक्रम और खेल मंत्रालय के तहत एक स्वायत्त निकाय)



Room No. 210, SAI-Head Office Building, SAI-Headquarter,
Jawaharlal Nehru Stadium Complex (East Gate-No. 10)
Lodhi Road, New Delhi-110003

F. No. 01-04018(01)/11/2024-HO - Personnel Division

Dated: 12.08.2025

CIRCULAR

National Sports Day is celebrated on 29th August every year to commemorate the birth anniversary of Indian hockey legend Major Dhyan Chand. The Sports Authority of India shall celebrate the National Sports Day, 2025 on 29th August 2025 in a befitting manner at JLN Stadium (SAI HO) and Regional Centers.

2. In this regard, the approval of the Competent Authority is hereby conveyed for administrative sanction of a maximum of Rs. 1 Lakh per Regional Centre for the celebration of the National Sports Day 2025 (29.08.2025).
3. The expenditure shall be met from IR under the SAI Welfare Scheme.
4. This is issued with the approval of DG SAI.

Onkar Nath
12.08.2025
(ओंकार नाथ यादव)

(ONKAR NATH YADAV)
निदेशक (कार्मिक एवं प्रशिक्षण अनुभाग)

Director (Personnel & Coach Div)
भा खे प्रा - मुख्य कार्यालय / SAI-Head Office

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To,

- i. O/o DG SAI
- ii. O/o Secretary SAI
- iii. O/o Executive Director (Finance)
- iv. Heads of Institutions/Regional Centres



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2. All Officers/ staff (regular/contractual/outsourced) in SAI Head Office (including Stadia) are cordially invited to attend the National Sports Day, 2025 celebrations on 29.08.2025. The function/games will be organized at Jawaharlal Nehru Stadium, New Delhi.

3. In this regard, the following committees are formed to ensure the smooth conduct of Sports Day:

Name of Committee	Responsibilities	Constitution
Executive Committee	<ul style="list-style-type: none"> Overall supervision of the event House Allocation Finalize game list, award categories, and event plan 	1. Sh Vishnu Kant Tiwari, Secretary SAI-Chairperson 2. Sh Satyajit Sankrit, DDG (Operations and CD&T) 3. Ms. Mamta Shree Ojha, Director (Khelo India and SFW) 4. Dr. S. C. Yadav, DD (Stadia) & Administrator, JNS
Technical Conduct, Venue & Presentation	<ul style="list-style-type: none"> Finalize games and rules Venue selection and setup Prepare event flow and equipment list Ensure timely execution 	1. Sh Sushant Kandwal, Director (KITD & HPAC) 2. Sh Atul Kumar Singh, Administrator (IGSC) 3. Sh Devesh Yadav, OSD to DG SAI 4. Sh Dilip Kumar Singh, Administrator, MDCNS 5. Sh Abhishek, Joint Administrator, JNS
Registration, Teams & Scheduling	<ul style="list-style-type: none"> Manage online registration Finalize house names and teams Create fixtures and medal list 	1. Dr. Nadeem Ahmad Dar, Director (FIT India & KIC) 2. Sh. V. Aditya Raman, DD (IT) 3. Ms. Ankita Tripathi, JC (FIT India)

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Procurement & Logistics	<ul style="list-style-type: none"> • Procure equipment, trophies, medals • Storage and venue delivery • Ensure logistics for game officials 	<ol style="list-style-type: none"> 1. Sh Vishnubhatla NVLNG Sharma, DD (ES & GAD) 2. Sh Nishant Kumar Maurya, AD (Infra) 3. Sh Harsh Kant, JC (Infra) 4. Sh Nishant Panwar, JC (Infra)
Food & Beverage	<ul style="list-style-type: none"> • Water, energy drinks, lunch packs • Coupon distribution to teams 	<ol style="list-style-type: none"> 1. Sh Vishnubhatla NVLNG Sharma, DD (ES & GAD) 2. Sh. I.S. Pabla, Consultant (GAD) 3. Sh Yogi Sharma, YP (GAD) 4. Sh Kuldeep Rawat, Sports Associate (GAD)
Medical Services	<ul style="list-style-type: none"> • First aid readiness • BLS Ambulance and doctor availability 	<ol style="list-style-type: none"> 1. Brig. Bibhu Kalyan Nayak, Director-cum- Head NCSSR 2. Mr. Naresh Kumar, Director (NCSSR) 3. Dr. Sagar Khanna, Medical Officer, Dr KSSR 4. Dr. Irfan, Medical Officer, IGSC
Branding	<ul style="list-style-type: none"> • Coordination of all on-ground and visual branding 	To be arranged by GAD in consultation with Executive Committee

4. **HOUSE CATEGORIZATION:** The Executive Committee will finalize the allocation of divisions into various houses for participation and scoring.

5. 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 SHOOTOUT:

- 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).

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- Further, 3 substitute players can be kept in the team.
- The match duration will be 25 minutes 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.
- Only two teams per house will be allowed to participate on first come first serve basis.

(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.
- Only two teams per house will be allowed to participate on first come first serve basis

(iv) 6 A SIDE VOLLEYBALL

- The team shall comprise of 5 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.
- Only two teams per house will be allowed to participate on first come first serve basis.

(v) TABLE TENNIS

- The team shall comprise of 2 players – mixed doubles only. 1 set - 11 points game.
- Manpower required: 1 Umpire.
- Equipment required: 20 TT racquets. 20 TT balls.
- Only four teams per house will be allowed to participate on first come first serve basis

(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.

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(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, 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.

(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.

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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.	5 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
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

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6. The Dhyanchand Champions Trophy will be given to the house with 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 Runner-up Trophy will be given to house which secures second position.

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

7. The commencement of registrations and last date for registrations will be intimated separately through an email by the Registration, Teams and Scheduling Committee.

7. The arrangements for refreshments, mementos for games/function etc shall be made by Stadia Division/ Food & beverages Committee. Branding arrangements shall be made by GAD. The detailed budget allocation will be intimated separately.

Onkar Nath
12-08-2025

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To,

All employees of SAI Hed Office and Stadia

Copy to,

- i. O/o DG SAI
- ii. O/o Secretary SAI
- iii. CVO, SAI
- iv. All Divisional Heads in SAI Head Office/ All Stadia Administrator
- v. DDO, SAI HO
- vi. Official language Division- for Hindi version