



# O. P. JINDAL SCHOOL

## RAIGARH (CG) 496 001, INDIA

Phone: 07762-227042, 227293, 227001 (Extn. 49801, 49802, 49804, 49806)

Fax: 07762-262613; website: [www.opjsrgh.in](http://www.opjsrgh.in); e-mail: [opjsraigarh@jspl.com](mailto:opjsraigarh@jspl.com)

**CBSE Affiliation No. 3330040**



The Organizer of

**CBSE – NATIONAL TAEKWONDO TOURNAMENT, 2015-16**

Cordially invites you and the members of  
all the participating teams to the

### **INAUGURAL CEREMONY**

of the tournament to be held  
on **21<sup>st</sup> November 2015** at **9:30 a.m.**

and its

### **CLOSING CEREMONY**

on **24<sup>th</sup> November 2015** at **5:00 p.m.**

R.S.V.P.  
**OPJS, Raigarh**

**Contacts:**

Mr. Sanjay Debnath, Administrator: **+91 9827477191**

Mr. Sandeep Kumar Pal, PET: **+91 9826268388**



## TAE-KWON-DO

### (Girls & Boys)

1. The competition will be held as per the Rules & Regulations of the Taekwondo Federation of India unless modified in these rules.
2. The competition will be held at National level.
3. At the National level, the selected participants from each zone can only participate in each weight category, separately in Girls' & Boys' group.
4. The Chest guard & Head gear will be provided to the participants by the School organizing the national level championship.
5. The Participants must wear own WTF approved Groin guard; Forearm guard & Shin guard.
6. The competition shall be conducted in the following age & weight categories:

Boys		Girls	
U-19	U-14	U-19	U-14
Below-45	Below-25	Below-40	Below-20
Below-50	Below-30	Below-45	Below-25
Below-55	Below-35	Below-50	Below-30
Below-60	Below-40	Below-55	Below-35
Below-65	Below-45	Below-60	Below-40
Below-70	Below-50	Below-65	Below-45
Below-75	Above-50	Above-65	Above-45
Below-80			
Above-80			
<b>All weights mentioned above are in kilograms</b>			

7. No player below the age of 10 years shall be allowed to participate in the championship.
8. The player shall be allowed to participate only in their respective weight category and no jumping in the weight category shall be permitted (actual body weight).

9. Weigh-in shall be conducted on the day prior to the conduct of the competition.
10. There shall be at least four competitors in each weight category for proper conduct of the competition.
11. The time duration for each bout of the competition shall be as per the WTF rule.
12. Each competition arena should have four corner-Judges, one center-Referee, one Recorder & one Time-Keeper.
13. The competition shall be conducted on **Single Elimination Tournament System**.
14. The winners will be decided by the following pattern:
  - i. Each eligible contestant will score 01 point.
  - ii. The contestant will get 01 point for every winning match (Including a bye)
  - iii. The Gold Medal winner will be awarded 07 points.
  - iv. The Silver Medal winner will be awarded 03 points.
  - v. The Bronze Medal winner will be awarded 01 point.
15. Merit Certificate will be provided to the first, second & third position winners. (Both the semi-finalists will be provided the certificate of Merit and Bronze Medal for the third place).
16. All other participants will be provided with the participation certificates only.
17. The Participating teams in the National level competition have to be present for Group Photo session at the end of the Tournament as it has to be forwarded to the Board.
18. The Arbitration Board Members/Protest Committee shall comprise (i) the Principal of the Organizing School,(ii) the Organizing Secretary;(iii) CBSE Observer & (iv) the In-charge Technical Officials/Chief Referee.
19. The team which regulates itself in the best-disciplined manner throughout the tournament will be awarded the “Best Disciplined Team”. For other details, you are requested to visit the website <http://www.cbse.nic.in>.

## IMPORTANT INFORMATION - AT A GLANCE

### 1. Address & Location of the school

**Address:** O. P. Jindal School

Kharsia Road, Post Box No.-16, Raigarh - 496001 (CG) INDIA

[www.opjsrgh.in](http://www.opjsrgh.in)

**Location:** Along the Kharsia Road, Near JSPL on the outskirts of Raigarh

### 2. Date of arrival and reporting for all the teams

Latest by 4:00 p.m. on 20<sup>th</sup> November 2015.

### 3. Meeting of the Managers/ Coaches in the T & D Centre of the Organizing school

20<sup>th</sup> November 2015 at 7:00 p.m.

### 4. Duration of the tournament

21<sup>st</sup> to 24<sup>th</sup> November 2015

### 5. Contacts

Ph: 07762-227042, 227293; Fax: 07762-262613

**+91 9827477191** Mr. Sanjay Kumar Debnath, Administrator

**+91 9826268388** Mr. Sandeep Kumar Pal, PET

### 6. Our E-mail address

[opjsraigarh@jspl.com](mailto:opjsraigarh@jspl.com) [rktrivedi@jspl.com](mailto:rktrivedi@jspl.com)

### 7. Inaugural Ceremony

21<sup>st</sup> November 2015 at 9:30 a.m.

### 8. Closing Ceremony

24<sup>th</sup> November 2015 at 5:00 p.m.

### 9. Food Charges

Rs. 350.00 per head per day / Lodging & Boarding

## 10. Mess Timings

1. Break fast : 07:00 a.m. - 08:00 a.m.
2. Lunch : 12:30 p.m. - 02:00 p.m.
3. Evening Tea : 04:30 p.m. - 05:00 p.m.
4. Dinner : 08:00 p.m. - 09:30 p.m.

**Venue:** At the Basement Hall of the organizing school.

## 11. Accommodation

(a) The Teams will be provided accommodation for boys and girls separately in the premise of the school.

(b) The Teams will be responsible for the safety of their belongings and are requested to carry Personal Lock & key. Kindly avoid carrying any valuable item.

## 12. Essentials

**All the teams have to bring:**

- a. **All the schools, who wish to avail the boarding and lodging facilities are requested to deposit a security money of Rs. 1000/- (Refundable) at the school reception along with food & accommodation charges.**
- b. Group Photograph of the team with the zonal level school Principal.
- c. School flags for inauguration and closing ceremony.
- d. Light bedding, warm clothes and torch light (Recorded Temp. in Raigarh during winter min. 20°C and max. 32°C. (recorded last year)
- e. The schools interested in participation must fill-in the Online Entry Proforma available in CBSE website (<http://sports.cbseacademic.in/>). Kindly go through the guidelines of CBSE in this regard.
- f. **No Entry Proforma will be accepted by hand whatsoever the case may be.**
- g. The teams must print & carry the players identity cards generated after the registration of student(s).
- h. While reporting at the venue, the teams shall also carry the print-out of the filled-in Online Entry Proforma which was submitted online through CBSE website.

## 13. Transport facility

The school will provide transport to bring the participants from Raigarh Railway Station to School. (Please provide your itinerary)

## 14. Other Important Information

- (a) The girls must be escorted by a lady escort.
- (b) The School interested in taking part must regularly visit the board academic website under "Physical education and sports" for updates. No organizing school will communicate with the schools in its clusters/zone with regard to the competition.

### **FROM RAIGARH STATION TO THE SCHOOL:**

School Buses bearing the name of our school and the banner “Welcome to CBSE National Taekwondo Championship-2015-16 OPJS, Raigarh” will be available from time to time as per train timings on 19<sup>th</sup> November 2015 onwards.

The participating teams are advised to board the school buses soon after arriving at the railway station.

### **NEAREST SPOTS OF TOURIST ATTRACTION:**

#### **1. Ram Jharna:**

It is about 18 Kms. from Raigarh. It has a natural water source. According to History, Bhagwan Ram once had been here during his Vanwas, and had drunk water from the water source. Hence the name Ram Jharna. It is a very good picnic spot.

#### **2. Gomarda Reserve Forest:**

It is situated in Sarangarh Tehsil. It is spread over 278 Sq. Kms. It is a natural home for many rare wild animals like tigers, bears, etc. It is about 60 Kms. from Raigarh.

### **Parks in Raigarh :**

1. Kamla Nehru Park.
2. Haritima.
3. Indira Vihar.

### **Temples in Raigarh:**

- |                        |   |                     |
|------------------------|---|---------------------|
| 1. Gaurishankar Mandir | - | In Raigarh Town     |
| 2. Banjari Mandir      | - | 20 Kms from Raigarh |
| 3. Chandahasini Mandir | - | 30 Kms from Raigarh |

### **How to reach Raigarh:**

Raigarh is accessible by train, bus and aeroplane. The nearest airport that is Mana Airport situated at Raipur and thereafter board one of the trains moving towards Howrah via Raigarh.

**Following is the schedule of Up & Down-trains running through Raigarh Railway Station.**

<b>Raigarh Railway Station – Train Timings – UP</b>			
<b>Train No.</b>	<b>Train Name</b>	<b>Arr. Time</b>	<b>Dep. Time</b>
18473	Puri Jodhpur Express	0:21	0:26
18030	Shalimar Lokmanyatilak T Express	1:51	1:56
58113	Tata ITR Pass	3:40	3:50
12409	Gondwana Express	Starts	3:30
12810	Hwh Mumbai Mail	4:51	4:56
12069	Janshatabdi Exp	Starts	6:25
12130	Azad Hind Exp	6:47	6:49
12906	Hwh Pbr Okhaex	7:19	7:21
68735	RIG BSP MEMU	Starts	7:30
12152	Samarsata Exp	8:41	8:43
58117	JHASUGUDA GONDIA PASS	8:30	9:00
12834	Hwh Adi Express	9:06	9:11
18477	Puri Utkal Express	12:36	12:41
13288	Danapur South Bihar Express	14:26	14:31
12812	Hte Ltt Super	14:51	14:53
12746	Puri Ltt Sf Exp	14:50	14:51
12880	Bbs Ltt Sf Exp	14:51	14:53
68737	RIG BSP MEMU	Starts	15:20
18507	Vishakapatnam Amritsar Hirakud Express	16:11	16:13
58111	Tatanagar passenger	16:40	16:45
58213	JSG BSP PSG	18:40	18:45
12860	Gitanjali Exp	22:29	22:31

<b>Raigarh Railway Station – Train Timings – DOWN</b>			
<b>Train No.</b>	<b>Train Name</b>	<b>Arr. Time</b>	<b>Dep. Time</b>
18029	Lokmanyatilak T Shalimar Express	0:19	0:24
12859	Gitanjali Exp	3:01	3:03
12833	Howrah Express	3:02	3:07
18508	Amritsar hirakund Express	6:32	6:37
58214	BSP JSG PASS	9:29	9:34
13287	Durg South Bihar Express	12:38	12:43
58112	Itwari Tata Passenger	11:35	11:40
18478	Haridwar Kalinga Utkal Express	13:30	13:35
58118	Gondia Jharsuguda Pass	16:55	17:05
12129	Azad Hind Exp	18:25	18:27
22905	Okha Howrah Express	18:02	18:04
12905	Pbr Howrah Exp	18:00	18:02
12151	Samarsata Exp	19:21	19:23
12809	Howrah Mail	19:59	20:04
58114	BSP TATA PASS	22:00	22:05
12879	Ltt Bbs Sup Exp	22:16	22:18
12745	Ltt Puri Sup Ex	22:14	22:16
12811	Hatia Express	22:16	22:18
18474	Jodhpur puri Express	23:50	23:55

**CBSE NATIONAL TAEKWONDO TOURNAMENT – 2015-16****TRAVEL PLAN****Mandatory :- To be filled in and Sent to organizing School on or before 18th November, 2015.****Name of the School** :- \_\_\_\_\_**Phone Number** :- \_\_\_\_\_**Complete Postal Address** :- \_\_\_\_\_**Email Address** :- \_\_\_\_\_**Name of the Manager/Coach:-** (i) \_\_\_\_\_ Mobile No. \_\_\_\_\_

:- (ii) \_\_\_\_\_ Mobile No. \_\_\_\_\_

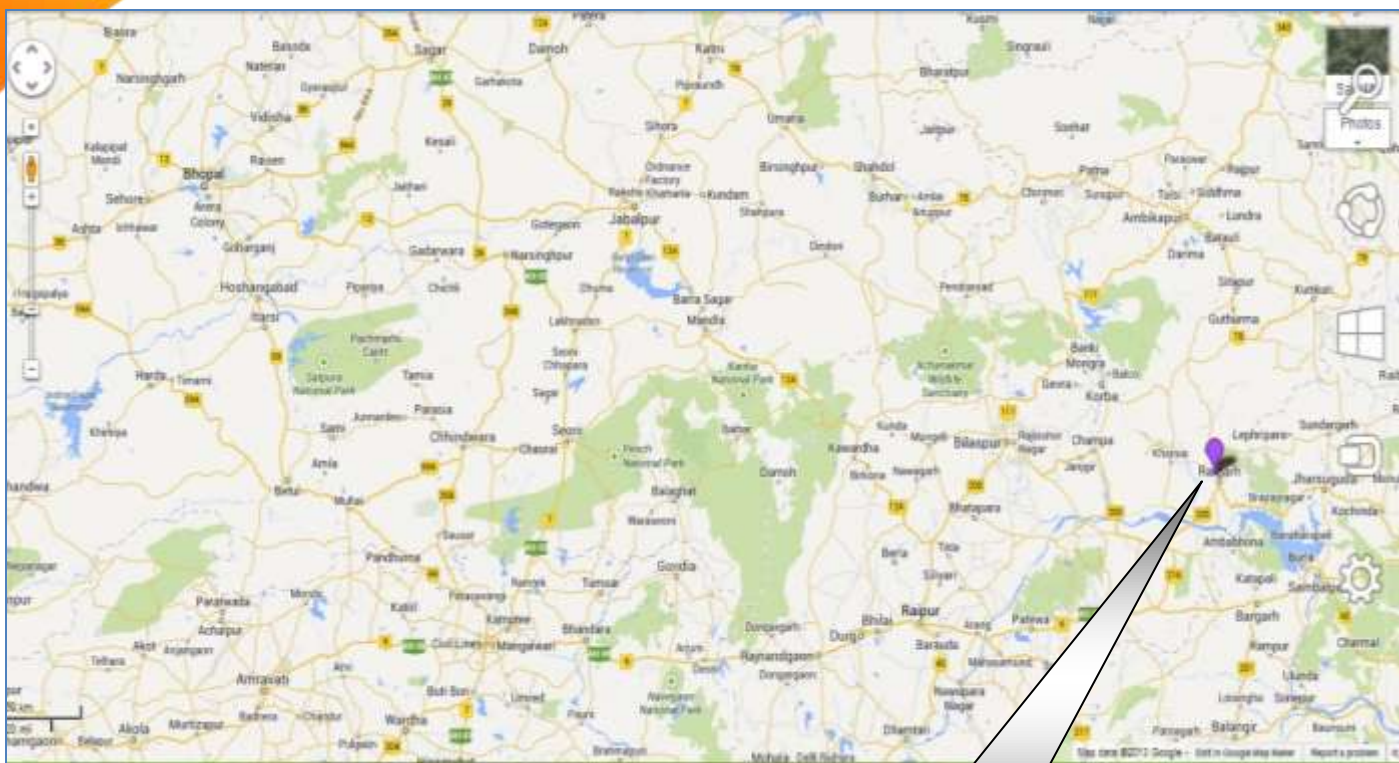
<b>Mode of transport:- Train/bus/Air</b>	
<b>Arrival at Raigarh</b>	Train Name _____, Train No. _____ Date _____, Time _____
<b>Departure from Raigarh</b>	Train Name _____, Train No. _____ Date _____, Time _____
<b>Number of participant</b>	Boys :- _____ Girls _____ Total _____
<b>Number of Teacher/Coach</b>	Male _____ Female _____

DATE	MEALS		
	(Nos. Required)		
	BREAKFAST	LUNCH	DINNER
20/11/2015	N/A		
21/11/2015			
22/11/2015			
23/11/2015			
24/11/2015			
25/11/2015		N/A	N/A

School Seal

Principal's Signature





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RAIGARH, CHHATTISGARH  
INDIA**

