

**Father Muller Medical college &**

**Student council Presents**

**“Adrenaline – 2016”**

**Theme: Living on the edge**

**2<sup>nd</sup> Intercollegiate cultural and sports fest.**

**From 24<sup>th</sup> to 27<sup>th</sup> February 2016**

**Venue: Father Muller Medical College- Mangalore**

**Rules and Regulations**  
**Guideline**

# ***Part 1: General Rules and Guidelines***

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- **Judges decision is final and binding.**
- Right to admission is reserved with the organisers.
- Organisers will not be liable in whatsoever way, for any loss of belongings, damage or loss of vehicles, bodily injuries or death due to personal negligence, or any untoward incidents whatsoever that may occur.
- The venue is an **Alcohol, drugs and smoke free zone**. **Tobacco** products in any form, **Narcotics** and **illegal contrabands** of any kind is **strictly prohibited** inside campus.
- The organisers reserve the right to frisk the individuals and their belongings at the entry point or at any given point of time for security purposes.
- **ID/Age proof to be in bodily possession at all times along with your Event Pass.**
- Outside food, beverages, alcohol, cigarettes, match boxes, lighters, firearms, any weapons/sharp objects strictly prohibited into the fest.
- All rules are subject to change at the discretion of the organisers.
- Use of profanity, vulgarity, obscenity of any kind will not be tolerated.
- On spot entry will be allowed at sole discretion of the Event organiser, depending on the availability and on first come first serve basis only.

## Part 2: Rules for Cultural Events

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### *Eastern Singing (Bandish)*

- **Only One team can participate in this event from a respective College.**
- Each team can have a **maximum of 12** members (includes vocalists as well as maximum of 3 instrumentalists) and a **minimum of 5** members.
- **Instrumentalists have to be from within the respective college.**
- **Time limit: 14 Minutes Only**  
{1 minutes for setup (if use of Instruments); 12 minutes for the performance & 1 minute to clear the stage.}
- Within the allotted **time of 12 minutes**, the team should perform 1 male solo, 1 female solo and 1 group song (minimum of 5 members).
- **No additional performances besides the above mentioned will be allowed, or team will be disqualified.**
- Only **HINDI** songs will be permitted. No other languages will be allowed.
- After the allotted time, the **sound system shall be turned off** and the team must leave the stage.
- No audio-visuals are allowed.

- **No introduction of singers and/or songs or any other message will be allowed (Team will get disqualified).**
- Midi files and karaoke (without vocals) may be used for the solo performances ONLY. The same WILL NOT be allowed for the group performances.
- File or track to be used should be on a **CDROM**.
- **The organizers will not provide instruments.**
- Awards will be given under three categories:  
**(Best solo Male; Best solo Female & Best Group Song)**

### *Western Singing (Rhythm)*

- **Only One team can participate in this event from a respective College.**
- Each team can have a **maximum of 12 members** (includes vocalists as well as instrumentalists) and a **minimum of 5members.**
- **Instrumentalists have to be from within the respective college.**
- Only **ENGLISH** songs will be permitted.
- Time limit: **14 Minutes only**  
{1 minutes for setup (if use of Instruments); 12 minutes for the performance &1 minute to clear the stage.}

- Within the allotted **time of 12 minutes**, the team should perform 1 male solo, 1 female solo and 1 group song (minimum of 5 members).
- **No additional performances besides the above mentioned will be allowed, or team will be disqualified.**
- After the allotted time, the **sound system shall be turned off** and the team must leave the stage.
- No audio-visuals are allowed.
- **No introduction of singers and/or songs or any other message will be allowed (Team will get disqualified).**
- Midi files and karaoke (without vocals) may be used for the solo performances ONLY. The same WILL NOT be allowed for the group performances.
- File or track to be used should be either on a pen drive or a CD ROM.
- **The college will not provide instruments.**
- Awards will be given under three categories:  
**(Best Solo male; Best solo Female & Best Group song)**

## **Guru Cool (MR & MS - INSPIRATIONAL)**

### **Rules and Regulations:**

- **Only Two Staffs can participate from their respective college ( One Male and One Female staff)**
- Emphasis shall be given to their outfit presentation, walking style, attitude and their ability to answer some cool questions.
- **The event consists of three rounds, of which one would be walking the ramp (outfit presentation), the next being the aptitude test (General Knowledge) round followed by evaluation of their ability to answer some cool questions.**
- A green room will be provided for the purpose.
- The decision by the panel of jury is final and binding.
- No vulgarity in Dressing is Tolerable.

## **Knockout Dancing (Step Up)**

- **Only 1 person can participate in this event from a respective college.**
- Each round will be of **2 (TWO) minute** duration.
- **Fire, water or any form of powdery substance is not allowed.**
- **Judges decide the winner of each round.**
- **No props allowed.**

### **Thematic Dancing (Zara NachkeDikha)**

- **Only One Team can participate in this event from their**
- **Maximum number of dancers is 20 and minimum is 8.**
- **Maximum time limit is 5+2minutes and minimum 3+2 minutes.**
- **After the allotted time, the sound system shall be turned off and the team (Participants) must leave the stage.**
- **No classical or religious forms of dance are permitted.**
- **The theme has to be portrayed in the form of dance only.**
- **No use of placards, signs, boards or throwing of powdery substance or any other substances etc.**
- **Fire presentation is not allowed.**
- **Animals and vehicles (including bicycles: motorcycles; mopeds) are not allowed.**
- **If the group intends to present any certain special effects, the same needs to be informed to the organizers in advance.**

### **Non - Thematic Dancing (JhalakDiklaja)**

- **Only One Team can participate in this event from their respective college.**
- **Maximum number of group members allowed is 20 and minimum is 8.**
- **Time limit 5+2minutes maximum and minimum 3+2 minutes.**
- **After the allotted time, the sound system shall be turned off and the team (Participants) must leave the stage.**
- **Fire presentation is not allowed.**
- **Animals and vehicles (including bicycles; motorcycles; mopeds) are not allowed.**
- **If the group intends to present any certain special effects, the same needs to be informed to the organizers in advance.**

### **Mad ADS (Add-Diction)**

- **Only One team can participate in this event from their respective college.**
- **Maximum number of group members allowed is 10 and minimum is 4.**
- **Topic will be announced prior (one the day of the event during morning hours) to the competition.**



- **Time limit is 4+1 minutes.**
- **After the allotted time, the sound system shall be turned off and the team (participants) must leave the stage.**

### **Street play (Nautankisaala)**

- **Only One team can participate in this Event from their respective college.**
- **Event will be held outdoors. (Location will be informed during the day of Event).**
- **Team should minimize the use of props (3 only).**
- **Maximum 15 members and a minimum 6 in a team.**
- **Maximum allotted time is 15 minutes.**
- **Use of microphones, recorded audio aids etc. is prohibited.**
- **Participants may use percussion instruments, banners, posters etc.**
- **Participants will not be judged on costumes or makeup.**
- **Topics/ Theme will be given on the day of the Event.**

## **“Battle of Bands”(Rock on)**

- **Only One team can participate in this event from their respective college.**
- **No introduction of singers and/or songs or any other message will be allowed (Team will get disqualified).**
- **10 minutes for set up & 20 minutes time to perform**
- **Only Drum kit will be provided by organizers.**
- **All members of a team (participants) should be from the same college (if found otherwise will be disqualified immediately)**
- **After the allotted time, the sound system shall be turned off and the team (participants) must leave the stage.**
- **No use of pre-recorded music or any form of visual effects to be used for the performance.**
- **No religious songs to be performed.**

## **Part 3: Rules for Fine Art Events**

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### **Painting Competition (The Golden Brush)**

- **Individual participation.** Any number of students can participate from their respective college.
- Participants are requested to be **present 15 minutes prior** to commencement of the event at the venue (Informed on the day of the event).
- **Theme will be given on spot.**
- **Time: 90 minutes.**
- **Artwork should be done on A3 sheets, which should be brought by the participants.**
- Only water colours and acrylic paints are allowed.
- **Use of glitters and other decorative media is not permitted.**
- **Artwork should be the original work of the participants. No references of any sort are allowed.**
- **Judges decision will be final and binding.**

### **Comic Strip (Toon Attack)**

- **Each team consists of 2 (Two) participants. Only One team can participate for this event from their respective college.**
- **Theme will be given on spot.**
- **Time: 90 minutes.**
- **Participants are requested to be present 15 minutes prior to commencement at the venue (Informed on the day of the event).**
- **Comic creation to be done on A3 sheets, which should be brought by the participants.**
- **Comic strip should comprise of 6 pictures, sketched by the participants using graphite or colour pencils only.**
- **Each panel consists of 3 dialogue box with a maximum of 100 words.**
- **No vulgarity of any forms or pictures offensive to any religion, caste or creed, language, gender or sect & profession allowed.**
- **Judges decision will be final and binding.**

## **Clay Modelling (Magic Hands)**

- **Individual participation. Only One student can participate in this event from their respective college.**
- **Time: 90 minutes**
- **Theme will be announced 3 hours prior to the start of competition (On the day of the event).**
- **Participants are requested to be present 15 minutes prior to commencement at the venue.**
- **Participants should use original clay, which should be brought by the participants.**
- **Use of moulds, plasticizers, plaster of Paris (pop) or/ and artificial clay will lead to disqualification.**
- **Use of wire and sticks for support of the model is permitted only from inside the structure and not outside**
- **Cleanliness of the area will be taken into consideration.**
- **Judges decision will be final and binding.**

### **Cooking Without Fire (KhaanaKhazaana)**

- **Only One team comprising of 3 (three) members can participate from their respective college.**
- **Total time: 75 minutes.**
- **Participants are requested to be present 15 minutes prior to commencement at the venue (informed during the day of the event).**
- **Type of meal to be prepared will be announced on spot.**
- **Cutting of vegetables and/or fruits should be done on the spot. No prior preparation allowed.**
- **Bread, biscuits and milk products may be used.**
- **No tinned/canned foods allowed.**
- **Ready-made decorative items are not permitted.**
- **Participants should only prepare a maximum of two items of which one should be a beverage.**
- **Participants are requested to arrange for separate glass, straw and cutlery for two judges.**
- **No Induction cooker, steamers and blenders allowed.**
- **Judges decision will be final and binding.**

## ***Knot a Waste (Kachraa Re)***

- **Only one team comprising of two (2) members are allowed participate in this event from their respective college.**
- **Time allotted: 75 minutes.**
- **Participants are requested to be present 15 minutes prior to commencement at the venue (announced on the day of event).**
- **Theme will be given on spot.**
- **An array of items (ex: chart paper, cardboard, cloth, thermocol, newspapers, tins etc.) will be permitted.**
- **The Base for the Event will be provided by the organisers as per the direction of the judges.**
- **Decorative materials including glue, tape and other stationary items to be brought by the participants.**
- **Sticking as well as stitching is allowed.**
- **Participants are requested to clean their area before presentation of their item to the judge. Failure to do so will result in immediate disqualification.**
- **Judges decision will be final and binding.**

### **Face Painting Competition (Imprint)**

- **Only One team comprising of two (2) members can participate in this event from their respective college.**
- **Time allotted: 90 minutes.**
- **Topic / Theme will be announced on the spot (on the day of the event).**
- **References of any sort will not be permitted and will amount to disqualification.**
- **Participants are requested to bring their own materials for painting.**
- **Judges decision will be final and binding.**



## **Part 4: Rules for Literary Events**

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### **Pot Pourri(Amar Akbar Anthony)**

- **Only one team can participate in this event from their respective college.**
- **Only 3 members per team.**
- **No use of alphabets, or sign language that is officially used for the hearing impaired.**
- **Only English words, phrases and movies will be given**
- **The event includes:**
  1. Dumb charades
  2. Tom, dick and harry- Guess the personality type.
  3. Pictionary

### **Poetry (Dil Se)**

- **The participation to this event is restricted to only three (3) members from their respective college.**
- **Topic/ Theme will be announced on spot (on the day of event)**
- **Time allotted: 90 minutes**
- **There is no word limit**

### **Creative Writing (INKtellectual)**

- **The participation to this event is restricted to only three (3) members from their respective college.**
- **The write up will be picture based and will be displayed to the participants at the time of the event**
- **Time allotted: 90 minutes**
- **There is no word limit**

### **Quiz Competition (SabseTeez)**

- **Not more than two teams can participate in this event from their respective college.**
- **Each team should comprise of only three (3) members.**
- **This is a two phase event**
  - **Phase one: Preliminary round**
  - **Phase two: Final round**
- **Quiz master's decision is final**

## **Debate Competition (Verbattle)**

- **Only one (1) team can participate in this event from their respective college.**
- **Each team comprises of two (2) team members:**
  - (One for and one against the motion)**
- **Preliminary round – each speaker speaks for 2 minutes, with total of 4 minutes for each team.**
- **Final round :Each speaker is given 4 minutes to speak, followed by 10 minutes of common rebuttal round**
- **Topic will be announced one (24 hours) day prior to the day of the event**
- **Judge’s decision is final**

## **Part 5: Rules for Non - Venue Events**

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### **Photography (PHOTO Synthesis)**

- **1 entry per participant**
- **Any number of participants can participate in this event from their respective college.**
- **Topic/ Theme will be announced during the first day of the event.**
- **Entries should be submitted via mail with the participants name & college by 25<sup>nd</sup> of February 2016 by 5pm.**
- **Photos should be authentic & copyrighted. Need to send the original photos taken along with the final copy during the time of submission.**
- **Editing & other special effects should be kept minimum.**
- **The photograph may be taken with any device (mobile, camera) & will not be judged by the standards of the devices with which they are taken.**
- **.Decision of the judges will be final.**
- **First threeplaces will be awardedto the contestants based on their rankings.**

## **Poster Making competition (DI-Mentia)**

- **Only Digital posters are allowed.**
- **Individual participation.**
- **Only One participant can participate in this event from their respective college.**
- **Only Adobe Photoshop software can be used.**
- **Send or upload your file with Filename.psd. and send it to our official email id :**
- **Attached file should have separate layers, not merged.**
- **Contestants have to bring their own pictures based on the central theme announced on first day of the event (24<sup>th</sup> February 2016).**
- **They can use web/ internet for more content.**
- **All entries should be submitted on the second day of the event (25<sup>th</sup> of February 2016) by 5 pm.**
- **The jury will judge the entries based on the picture arrangement, selection and depiction of original and central idea.**
- **Judges decision will be final and binding.**

### **Movie Making competition (BOX Office)**

- **Theme / Topic will be announced on day one of the event. (24<sup>th</sup> February 2016).**
- **This is a team event (one team per college) so no individual participation allowed.**
- **The movie making team should not include more than 10 members (that includes camera man, actors etc.).**
- **The movie should not exceed beyond 10 minutes while neither it should also be less than 7 minutes.**
- **Marks will be deducted if time limit is exceeded (more than 10 minutes) or less (less than seven minutes).**
- **Entries should be submitted in a Cd rom/ USBby 26th of February (day three of the event) 2016 by 5pm.**
- **Judges decision will be final and binding.**
- **First three places will be awarded to the contestants based on their rankings.**

## **Part 6: Rules for Sporting Events**

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### **General Rules for any sporting events:**

- **Participants must carry their Institutional identification (ID) cards compulsorily.**
- **Participants should report to the venue minimum 20 minutes prior to the start of the Event.**
- **All the matches will be played in knock out basis.**
- **The decision of the referees will be final and binding.**
- **No protest against the referees is allowed.**
- **Any indiscipline from the athletes / team that bring disrepute to the game shall amount for disqualification.**
- **Only the players mentioned in the entry form should participate in the event. No changes will be entertained.**
- **Time schedule for all the events in the prelims are subjected to change, with final authority lying in the hands of the organizing committee. Participants will be informed about due changes.**
- **For any queries regarding the above rules please contact registration committee.**

### **Basket Ball Tournament (Outdoor)**

- Two category Event ( Male and female)
- Matches shall be conducted as per the Association rules and regulations (FIBA).
- 5+5 members in a team.

### **Football Tournament (outdoor)**

- Only for men.
- 5+2 members in a team.
- As per FIFA rules.
- No Throw-ins i.e. only Kick-ins for out ball.
- A non-contact sport.

### **Throw ball Tournament (outdoor)**

- Only for women.
- 7+2 members in a team.
- Three set match.
- The first team to score 15 points wins the match.
- Two players are not allowed to catch the ball simultaneously.

### **Dodge ball Tournament (outdoor)**

- Hitting an opposite player with a Handball (Clothing is considered as part of the body).



- **Time duration: 3 minutes.**
- Teams will consist of ten players
- **Below knee hit is considered as out.**

### **Table Tennis Tournament (Indoor)**

- **Number of players in each team is 3.**
- **The decision of the officials will be final and binding.**
- All the matches in both men and women section shall be played on the best of 3 out of 5 (Five match) singles.
- The order of the players shall be: (Example given below)

Match one : A v/s X

Match two : B v/s Y

Match Three: v/s Z

Match Four : A v/s Y

Match Five : B v/s X

- Each single consists of 5 sets of 11 points. Players should lead by 2 points to win each set.
- Players should bring their own bats.

### **Chess Tournament (Indoor)**

- **Rules according to World chess federation (FIDE) handbook.**
- **Knock out tournament (elimination style).**

- **Players are not allowed to bring disrepute to the game by cheating or any other means and will be considered for disqualification.**
- **Arbiter's decision is final and binding.**
- **Participants are requested to bring their own chessboard and timer.**

### **Sudoku Tournament (Indoor)**

- Individual participation event.
- Two participants from respective college can participate in this Event.
- Standard Sudoku rules apply.
- First participant that solves Sudoku will be awarded accordingly.
- Only Ball pen to be used.
- No corrections to be made on the provided paper.

## **Part 7: Rules for Informal Events**

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### **TUG of War (ZoorLagaKe)**

- **Two category Events (Male & Female)**
- **Only one (1) team can participate in this event from their respective college (separate for male & female categories).**
- **Each team comprises of eight (8) members.**
- **There will be a red mark in the middle of the rope.**
- **The game is won when the red mark crosses the marking on the ground on either side.**
- **Marks will be present on either side of the rope as to where the 1st member of the team should stand.**
- **Team members are not allowed to use any gloves or any kind of friction prevention accessories.**
- **Following the first whistle the team members should take the rope and align themselves in their positions.**
- **The rope shall not be taken above the shoulder.**

- The anchor should take the rope around him and he/she is not allowed to tie the rope around him/her.
- **Lowering elbows below the level of the knees while pulling & touching the ground for extended periods of time will be deemed a foul and would amount for disqualification.**
- The teams are supposed to let go of the rope only after the final whistle.
- Any violation of this rule is considered as team foul and the team will be disqualified from the game, and the other team will be declared as the winners.
- **Each match will be decided by 3 rounds.**
- **One winning team and the runner up will be awarded.**

### **Breaking the Pot (MatkaJhatka)**

- **Only one (1) team can participate in this event from their respective college.**
- **Members should form a human pyramid & break the pot.**
- The team who succeeds to break the pot in the quickest time wins the event.
- **Each team gets 3 attempts to complete the task.**
- **The fastest 2 teams to break the pot will be awarded.**
- Any cheating of any kind can amount to immediate disqualification.

### **Eating Contest (KhaaDabaake)**

- **Only one (1) participant can participate in this event from their respective college.**
- **Participants should try to finish the maximum number of the food item provided within 5 minutes.**
- **The food must be completely swallowed to be counted**
- **First three places will be awarded to the contestants based on their rankings.**
- **The decision of the Jury is final and binding.**

### **Arm Wrestling Competition (ARM- agedon)**

- **Two category Event ( Male and female)**
- **Only one (1) participant per category can participate in this event from their respective college.**
- **Both male & female Participants will be divided into three (3) categories according to body weight:**

**Males: <60 kg, ≥ 60 to <80kg, ≥80 kg**

**Females:<40 kg, ≥40 to < 60 kg, ≥ 60 kg**

- **Tournament will be conducted in knockout fashion (Elimination style).**
- **The competitors/ participants shoulders must be square to the table before the match starts.**
- The competitor's shoulders may not be less than a fist distance away from their hands at the start.
- All starts will be a **'Ready steady Go'**.
- To make a winning pin you must touch your opponent to the table.
- There will be no parallel pin calls; you must be touched to lose. You may touch any part of your opponent's fingers, wrist, or forearm to the table to constitute a pin.
- **You may not, at any time, touch your body to your hand.**
- **If a competitor touches his body to his hand, and position is gained, there will be restart and a foul given.**
- If a competitor violates the previous rule in a definite losing position the match will be awarded to his opponent.
- **You will forfeit the match with your third foul.**
- **If a competitor intentionally opens his or her hand and a slip occurs the referee will restart the match and a foul will be given.**
- **If a competitor violates the previous rule in a definite losing position and the referee feels that if the competitor had not slipped that he would have been pinned, the referee will award the match to the other competitor**

- **The competitors shoulder cannot go past the centre of the table.**
- **A false start will be called as “foul”.**
- **The other hand shall be tucked behind the back.**
- **The hand tucked behind the competitors back if withdrawn at any point is a foul.**
- **The referee has the option to give a disciplinary foul to the competitor for any un-sports person like conduct**
- **All referee decisions are final.**
- **Winner from Each weight band category will be awarded.**
- **Remember there will not be any runner up award.**

### **Computer Gaming (Ultimate Warriors)**

#### **General Rules:**

- **Rules for Registration to the Gaming Event.**
- **Players have to be present in the venue half an hour early for their allotment through lots.**
- **Players have to get their own controllers for both PC and PS3, no controllers will be provided by the college.**
- **Keyboard and mouse will be provided to each player, however they are allowed to bring their own as well.**
- **NO cheat codes are allowed and will serve as a ground for disqualification**

### **Game 1: Action (Injustice, Gods Among Us)**

- Platform: PC (with controllers)
- Maximum entries per college: 1
- Method of Competition: Tournament knock-out style, allotment by chits.
- Rounds: 3 (Best of 3), finals will be best of 5
- Character selection: New character each round. Both players cannot play with the same character in one round, in such cases winner of the coin toss gets to choose his character first.
- Map selection: in-game randomization.

### **Game Two: Racing(Split Second)**

- Platform: PC
- Maximum entries per college: 1
- Method of Competition: Tournament knock-out style, allotment by chits.
- Rounds: 3 (Best of 3), finals will be best of 5
- Type of racing: Normal
- Map selection: winner of the coin toss gets to decide the map for the first round, map of the second round by the second player and third round's map will be based on coin toss.

### **Game Three (Sports: FIFA 14)**

- Platform: PS3



- Maximum entries per college: 1
- Method of Competition: Tournament knock-out style, allotment by chits.
- Rounds: 1
- Half-time limit: 5 minutes.
- Selection of teams: Only club teams, no Classic XI or World XI or any international teams.
- Camera: Tele
- Weather: Summer, dry
- Game speed: Normal
- Tie-Breaker: extends to classics. If a draw still persists, winner will be decided on penalties.

**Game Four (Shooting: Counter-Strike 1.6)**

- Platform: PC
- Maximum entries per college: one team consisting of 5 members.
- Method of Competition: Tournament, knock-out style, allotment by chits
- Map: de\_dust 2
- One game consists of 15 rounds as terrorists and counter-terrorists each.
- First team to win 16 rounds in total wins the match.
- Initial knife round to decide which team starts as the above mentioned teams.

- Tie-breaker: 4 rounds each as terrorists and counter-terrorists, first team to win 5 rounds wins the match.
- Start money: 800
  - C4 timer: 34 second
  - Freeze time: 7 second
  - Round time: 3 minutes
- No cheat code of any sort is allowed and serves as a ground for disqualification.