



SportsLegacy

Presents

Sports Fiesta 2.0

Tug of War Championship for School Students

&

Athletic Meet for SEN Students

Promoting inclusive and joyful sports

A Platform for Inclusive Sports

Equal opportunity and sports for all, celebrating talent, effort, and determination

Chief Guest



Prof. Mathews P Raj
Head - Academics
School of Sports Education and
Research (SSER)
JAIN (Deemed to be University)



Ms. Taranum Iqbal
Founder Principal, NCFE- Indiranagar

In Collaboration with



Be a part of this wonderful sports festival; let us come together for the grand success of the event

Contents

About Us	3
Our Services	4
General Rules & Regulations	5
Match Rules	7
Awards	10
Registration and Pricing Details	11
About MannMantra	12
Contact Us	13



Who are we

SportsLegacy is a Sports Education and Physical Activity Consultancy dedicated to making sports and daily physical activity an essential part of life. We work with schools, colleges, IT parks, gated communities, and institutions to design structured sports programs, develop physical education curricula, and build sustainable sports ecosystems.

Mission

"Our mission is to instill the importance of daily physical activity through sports and games, making it an integral part of people's lives, and we aim to foster a culture of health and well-being across diverse environments."

Vision

"To make sports and games a cherished tradition in everyday life."

Making Sports a tradition in everyone's life!

Our Services

01

Sports Program Development

02

Physical Education Curriculum Design

03

Sports Facility Planning & Setup

04

Community & Corporate Fitness Programs

05

Professional Certification Courses

06

Sports Event Management

07

Family & Community Fitness Consultation

We offer services to

01

Individuals

02

Apartments

03

Schools

04

Colleges

05

Corporates

General Rules & Regulations

Eligibility

- A valid School ID Card and Bona-fide Certificate with principal's signature and school seal are mandatory for all participants.

Team Accompaniment

- Team coaches/teachers may accompany the participants.
- Parents are permitted as spectators only and are not allowed in the playing area or team seating/refresh rooms.

Reporting Time

- All teams must report at least 30 minutes prior to their scheduled match/event.

Uniforms

- Teams must wear proper sports attire and school jerseys.
- In case of non-availability, teams must inform the organising committee in advance to arrange bibs.

Officials' Decision

- The decision of the referees and officials shall be final and binding.

Fees

- Entry fees must be paid online via the provided UPI / PhonePe QR code,
- or can be paid at the registration desk before the event.

TUG OF WAR CHAMPIONSHIP – OFFICIAL RULES

Discipline

- Any form of misconduct or indiscipline by players, coaches, or supporters will result in disqualification of the team/school.

Protests

- Any protest must be submitted in writing by the team coach within 30 minutes of the completion of the event.
- A protest fee of ₹1,500 must be paid.
- The decision of the organising committee will be final.

Transport & Refreshments

- Participating schools must arrange their own transport and lunch/refreshments.

Medical Support

First-aid and basic medical assistance will be available at the venue.

Online Registrations will be closed by 16-2-2026

**No On-spot Registrations will be entertained.
Less than 3 teams for a category match can be cancelled**

TUG OF WAR CHAMPIONSHIP – OFFICIAL RULES

Eligibility

- Participants must be bona fide students of the school they represent.
- Carrying a valid School ID Card is mandatory.
- Each team shall consist of 8 players. A maximum of 2 substitutes is permitted.
- Substitutions are allowed only between rounds.
- Registration fee: Rs:1500

Categories

- Grade: 5 and below Girls and boys
- Grade 7 and below Girls and boys
- Grade 10 and below girls and boys

Weight Rule

- Grade 5 and below: $35 \text{ kg} \times 10 = 350 \text{ kg}$
- Grade 7 and below $45 \text{ kg} \times 10 = 450 \text{ kg}$
- Grade 10 and below $60 \text{ kg} \times 10 = 600 \text{ kg}$
- This weight limit applies to a maximum of 8+2 players (including substitutes).
- The total team weight should not exceed as mentioned above.
- Teams exceeding the weight limit for their category will be disqualified.

Match Rules

Each match will be played on a best-of-three pulls basis.

- A team wins a pull when the opposing team is pulled completely across the centre line.

Start of the Game – Signals

The referee will use one whistle and clear verbal commands:

1. **Hold the Rope**
 - Players pick up the rope.
2. **Tight / Take the Strain**
 - Players tighten the rope and prepare.
 - Pulling is not allowed at this stage.
3. **Whistle Blow – “Pull”**
 - The match begins.
 - Players may pull only after the whistle.

Rope & Ground

- A standard tug of war rope will be used.
- Matches will be conducted on synthetic flat and even surfaces

Dress Code

- Teams must wear a proper team jersey.
- Participants may compete barefoot or with non-spiked shoes only.
- Use of gloves is permitted but not mandatory.

Fouls (Not Allowed)

The following actions are strictly prohibited:

- Shaking or jerking the rope
- Wrapping the rope around any part of the body
- Pulling before the referee's signal
- Misbehaviour, misconduct, or rough play

Reporting Time

- Teams must report 30 minutes prior to their scheduled match time.
- Late reporting may result in forfeiture of the match.

Decision

- The decisions of the referee and organizing committee shall be final and binding.

Penalty: Warning or loss of the round, as decided by the referee.

Match Rules - SEN Athletics

General Instructions

Category

Athletics (SEN Kids):

- PP3 & Below
- Grade 2 & Below
- Grade 5 & Below
- Grade 7 & Below

30 Metre Dash

- A straight sprint race over a 30-metre distance
- Fastest time wins
- Standard athletics start rules will be followed

Obstacle Race

Race Format:

- 10 metres running start
- Pass through 1 hula-hoop (body inside the hoop)
- Jump over 1 hurdle
- Pick up 1 cone
- Finish with a 5-metre dash while carrying the cone
- 6. Participants must complete all obstacles in the prescribed sequence.
- 7. Skipping any obstacle or major improper completion may result in disqualification.
- 8. Minor mistakes that do not provide an unfair advantage will not affect the winning position, subject to the officials' discretion.
- 9. The decision of the officials shall be final and binding.



Awards

Overall Championship

- Awarded to the school/team securing the highest total points
- Points will be calculated from Tug of War and Athletics events

Most Sports-Encouraging School of the Year – 2026

- Awarded to the school that actively promotes sports participation, motivates students, and demonstrates outstanding sportsmanship and support throughout the event

Tug of War – Category Champions

- 1st Prize: Champions Trophy, Medals & Certificates
- 2nd Prize (Runners-Up): Trophy, Medals & Certificates
- All participating teams: Participation Certificates

Athletics Events

- 1st Prize: Medal & Certificate
- 2nd Prize: Medal & Certificate
- 3rd Prize: Medal & Certificate
- All participants: Participation Medal & Certificate

Point System

Tug of War

- 1st Prize (Winners): 20 Points
- 2nd Prize (Runners-Up): 15 Points
- Participation: 5 Points

Athletics

- 1st Prize: 10 Points
- 2nd Prize: 7 Points
- 3rd Prize: 5 Points
- Participation: 1 Point

Note

- **Total points from all events will be considered for the Overall Championship.**
- **The decision of the organizing committee will be final.**

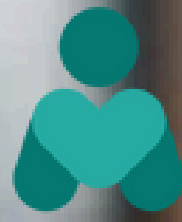
Registration and Pricing



Click here or scan the QR
code to register

- Tug of War (Team Registration Fee): **₹1,500 per team**
- SEN Athletics (Individual Registration Fee): **₹300 per participant**
(The fee covers participation in both athletics events)

- If a school is participating in both **Tug of War and SEN Athletics**, the registration form must be submitted **twice**:
 - Once for **Tug of War**
 - Once for **SEN Athletics**



MannMantra

Empowering Minds Inspiring Change

Step up your mental health with us!

We partner with

01

Individuals

02

Corporates

03

Schools

04

Colleges

We provide them

01

In-house
Psychologist

02

Specialized Web
Portal

03

Psychological and
Well being
Assessments

04

Timely need based
workshops

05

Data - driven
insights

06

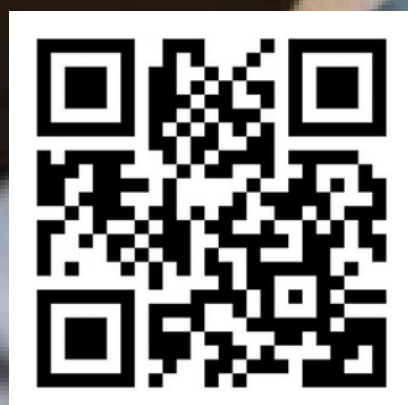
Career Counseling
and employee
assisted programs
(EAPS)

07

Special education
needs (SEN)
support

08

Mindset and
Mindfulness
Training Programs



Click here or scan the QR to know more

WhatsApp us at +91 - 8548999001 or mail us at info@mannmantra.in

SportsLegacy

Sports Fiesta

Making Sports a tradition in everyone's life!



[+91 - 8848647036](tel:+91-8848647036)

[+91 - 9900099236](tel:+91-9900099236)



info.sportslegacy@gmail.com

In Collaboration with



MannMantra



SCHOOL OF SPORTS
EDUCATION
AND RESEARCH



**NATIONAL
CENTRE FOR
EXCELLENCE**
— Inspire Excellence