

# C.B.S.E. NATIONAL AEROBICS CHAMPIONSHIP 2017

## Guidelines to be followed:

1. The date of competition is **25th to 29th of October 2017**.
2. All teams have to report at school campus upto **12:00 noon** on **25th October, 2017**.
3. Opening ceremony on **25<sup>th</sup> October, 2017** at sharp **3:00pm**.
4. Coaches and managers meeting will take place after immediately opening ceremony.
5. Charges for Food, accommodation and bedding, per day, per person is 350/- as per fixed by C.B.S.E.
6. Each team has to deposit the security of **Rs. 1000/-** (In case of any team damages anything then the amount will be deducted from the security fund). Deposit of Security is compulsory for all the teams.
7. Food Coupons are compulsory for all the teams till last date and coupons is to be collected from the reception counter at the time of registration.
8. If you want dinner on **24th October, 2017** please let us know on the consent letter till **10<sup>th</sup> October, 2017**.
9. Pure vegetarian food will be served.
10. Refunding of the coupons (only food) will be done after informing the food committee 24 hours before hand (as per C.B.S.E rules).
11. March Past is compulsory for all teams. They must come with their school flag.
12. Please send all the details of your schedule (when and how team will reach & means of transport).
13. We will provide transportation from railway station and bus stand of **Lehragaga & Jakhal**.
14. Kindly mention the no. of students and teachers coming along with the team on the consent letter.
15. Closing ceremony on **29<sup>th</sup> October, 2017** at **2:00pm**.

16. The rules and regulations must be followed during the competition.
17. Team Incharge must bring proof of student's date of birth certificates, UID cards, team group photo with respective school principal and CBSE team entry documents duly attested by the school Principal.
18. During the match if any objection is to be raised then first they have to deposit the fees Rs. 1000/- and then an appeal will be filed to the protest committee.
19. Regarding any information you may ask on [seabalehra@yahoo.com](mailto:seabalehra@yahoo.com).
20. Tournament will be conducted at knock out system.
21. No team is allowed to participate without team coach/manager/physical teacher.
22. For U-19 group if the students Date of Birth is before **1<sup>st</sup> January 1999**, for U-14 group if the students Date of Birth is before **1<sup>st</sup> January 2004** and U-11 group if the students Date of Birth is before **1<sup>st</sup> January 2007** he or she is not eligible for the tournament. It means date for calculating the age of the player is **31<sup>st</sup> December 2017**.
23. Participating players should bring their C.B.S.E registration number proof (studying in 9<sup>th</sup> Class and above) duly attested by school principal.
24. Each team consists of minimum 6 players & maximum 8 players in fitness team and sports aerobics 1 boy & 1 girl in each age group.
25. Dress code for fitness aerobics as follows : (i) Upper portion will be skin tight and lower portion will be parallel. (ii) No student will be allowed to wear skin tight lower.
26. Dress code for sports aerobics as follows : (i) Half sleeves upper body skin tight and with lower portion skin tight shorts.
27. Aerobics shoes will be compulsory for all the players for each group.
28. For any query about Aerobics Tournament Please Contact:-  
Mr. Naresh Chourdary, Sports Incharge – 94635-58620  
Mr. Subhash Mittal, Sports Teacher – 98150-25536  
Mr. Vedpal Chahal, Sports Teacher – 99921-91787