



THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN

A Minority Institution Sponsored by Seethakathi Trust, Chennai.
 An Autonomous Institution Affiliated to Alagappa University, Karaikudi.
 Accredited by NAAC with "A" Grade [CGPA:3.16] & ISO 9001:2015 Certified Institution.
 Recognized by UGC under 2(f) & 12 (B).
 Kilakarai – 623517, Ramanathapuram District

SPORTS REPORT 2023– 2024

S. No	Students	Faculty	NTS
			Faculty
1.	100M	Throw ball Dodge ball	Throw Ball ,Ball passing
2.	200M		
3.	400M		
4.	800M		
5.	1500M		
6.	4X100M Relay		
7.	4x400M Reay		
8.	Long Jump		
9.	Shot Put		
10.	Discus Throw		
INDOOR GAMES			
11.	Chess	All Up All Down Relay	Dodge ball
12.	Carron (singles& doubles)		
13.	Table Tennis (singles& doubles)		
14.	Badminton (singles & Doubles)		
OUTDOOR GAMES			
15.	Kho – Kho		
16.	Kabaddi		
17.	Throw Ball		
18.	Volley Ball		

ENTRY DETAILS:

- For individual events [100mts,200mts,400mts,800mts,1500mts, Long Jump, Discuss Throw, Shot put,] there should be at least 3 entries from each House.
- For House Relay there must be one team from each House, a team should contain 4 members. (4 members for – 4 x 100 mts relay)
- For Faculties, In Lucky Corner each person stands in one corner of her choice when the music stop. There is no time limit. Who's stand till the last in the game, that person consider as a winner of the game.
- For Faculties, they are divided as 2 teams. In All up All down Relay the total number of players should be 12. (per each Team)

RULES AND REGULATIONS

Faculty Events:

Throw ball:

- Throw ball is a team sport. Each team consists of twelve players with 7 active players at the time of play and 5 substitutes.
- The match is played for best of 3 sets for 25 points in each set with rally score.
- The players have to catch the ball with both hands and return it by one hand only.
- The ball that is to be served should be released from above the shoulder/shoulder line of the player.
- The service ball should not touch the net.
- Double touches are not allowed for receiving the service ball.
- The players should serve the ball after the whistle is blown and within 5 seconds.
- Players should serve the ball from the service-zone but without crossing the end line.

Dodge ball:

- Live ball: A ball thrown by any player which has not come into contact with the ground or wall netting. **A thrown ball is still live if it touches another player or ball.**
- Dead ball: A thrown ball becomes dead if it touches the floor or netting.
- Catch: A successful catch is made when a **live** ball that has been thrown by the opposition is caught.
- Out: A player is 'out' if they are hit by a live ball thrown by the opposition and do not catch it. A player is 'out' if they are hit by a rebounding ball that comes off a fellow teammate, or off another

live ball. A player is also 'out' if any member of the opposition catches a live ball thrown by that player.

- Block: A player may hold a ball and use it to 'block' balls thrown by the opposition and will not be called out if another ball hits the ball that they are holding. **Note:** a blocked ball is still live – until it hits the ground or netting.
- Set: The duration of eliminating 6 players of the opposing team Out. Each set is worth 1 point for the match.
- Match: The contest between two opposing teams to accumulate the most number of sets/points within 40 minutes of play.

Students Event:

100mts,200mts,400 mts,800mts, 1500mts:

Player should run in their designated lanes and cannot cross the lanes throughout the race. The player who reaches the finish line first will be declared as the winner.

Long Jump:

- Jump over the line.
- After three failed jumps a contestant is eliminated from the competition.
- Each Athlete is entitled to 3 jumps the best of which is recorded the jump.
- fouls are included in the 3 jumps.
- If an Athlete places any part of the takeoff foot over the edge of the take off area closest to the pit, it is deemed a no jump.

Discuss Throw:

- A player should throw the Disc at maximum distance with one hand.
- If an Athlete places any part of the takeoff foot over the edge of the takeoff area closest to the pit, it is deemed a no attempt.

Shot Put:

- A player should throw the shot at maximum distance with one hand.
- If an Athlete places any part of the takeoff foot over the edge of the takeoff area closest to the pit, it is deemed a no attempt.

House Relay

4x400mts relay:

- 4 sprinters, in each house, in the same designated lane, each run 400m to complete a lap of the track. They have to carry a baton that must be passed to the next runner. The team which reaches the finish line first will be declared as the winner.

4x100mts relay:

- 4 sprinters, in each house, in the same designated lane, each run 100m to complete a lap of the track. They have to carry a baton that must be passed to the next runner. The team which reaches the finish line first will be declared as the winner.

INDOOR GAMES:

CHESS :

- Each type of chess piece has its own method of movement.
- Except for any move of the knight and castling, pieces cannot jump over other pieces.
- A piece is captured (or taken) when an attacking enemy piece replaces it on its square.

Carrom (Singles & Doubles):

- While taking a stroke, the striker must touch both the base lines.
- If the stroke is made from the base circle, the striker must cover the base circle fully but shall not touch the arrow.
- In doubles, during the course of a board, the partners are not allowed to talk or communicate with each other by gestures.

Table Tennis (Singles & Doubles):

- Alternate serves every two points
- Toss the ball straight up when serving
- Doubles serves must go right court to right court
- If your hit bounces back over the net by itself it is your point

Badminton:

- A match consists of the best of three games to 21 points
- Every time there is a serve, one point is scored
- If the score is 20-20, the individual or team must win by two points to win the game
- In terms of serving, at the beginning of the game when the score is 0-0 or if the server's score is even, they will serve from the right service court. However, when the server's score is odd, they will serve from the left service court.
- The rally is over once the birdie contacts the floor, does not return over the net, or lands outside the court lines.

OUTDOOR GAMES:

Kho- Kho

- A chaser can only run in the direction in which they take their first step in, also called taking direction. The active chaser can also not cross over the central lane while chasing the defenders.
- Consecutive chasers cannot face in the same direction and have to take their positions facing opposite side lines.
- Kho to chasing team-mates are generally made on the back, between the shoulder and waist. If a teammate extends his arm or feet for a Kho, it is deemed illegal.
- Active chaser must go on or follow the first step of their movements. If they move other t direction, it becomes foul.

Kabaddi:

- Two Teams of Seven Players.
- Each Match Consists of Two Halves
- Points are Scored by Raiding the Opposition's Side
- A Player is Out if They Cross the Center Line
- A Player is Out if They Leave the Field of Play
- A Player is Out when the hold raider 's t shirt.

Volleyball:

- The ball must be returned over the net in 3 hits or less.
- It is legal to contact the ball with any part of the body as long as the ball rebounds immediately. It may not "lay" against the body or forcefully kicked. If a player touches the ball or the ball touches a player, it is considered as a play on the ball.
- When a ball touches a boundary line, it is considered in play.

Throw Ball:

- Throw ball is a team sport. Each team consists of twelve players with 7 active players at the time of play and 5 substitutes.
- The match is played for best of 3 sets for 25 points in each set with rally score.
- The players have to catch the ball with both hands and return it by one hand only.
- The ball that is to be served should be released from above the shoulder/shoulder line of the player.
- The service ball should not touch the net.
- Double touches are not allowed for receiving the service ball.
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NTS – GAMES

Throwball:

- Throw ball is a team sport. Each team consists of twelve players with 7 active players at the time of play and 5 substitutes.
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- The ball that is to be served should be released from above the shoulder/shoulder line of the player.
- The service ball should not touch the net.
- Double touches are not allowed for receiving the service ball.
- The players should serve the ball after the whistle is blown and within 5 seconds.
- Players should serve the ball from the service-zone but without crossing the end line.

Dodge Ball:

- Faculties are divided as 2 teams.
- One team is stand into the circle and the other team is stand in outside of the circle.
- The player's feet must be one the ground behind the line. □ Total game is played for 5 minutes.

MATCH SHEDULE

STUDENT EVENTS

S. No	Date	Morning	Evening
1.	10.09.2023 to 25.10 2023	Kho- Kho, , , Throwball, Shot put, discus throw long jump 400m Running, 1500m Running, 100 mtr heats	Carrom, Chess Table Tennis (Singles,Doubles), Volleyball , Kabaddi, ,200 mts Running , 800m running, 4X400mts relay
2.	06.02.2023	100mts finals, 4X100mts relay.	-

Note: On the Spot Entry, Entry will be taken till 10.00 am.

Time: Morning 9.30:00 am to 11:30 am, Evening 01:00 pm to 2.50 pm

FACULTY & NTS EVENTS

S.NO	Date	Event	Category	Timing
1.	8.01.2024	Dodge ball	Teaching staff above 35	11.00- 12.00
2.	8.01.2024	Throw ball	Teaching staff above 35	11.00- 12.00
3.	10.1.2024	Ball passing	NTS female	12.00- 1.00
4.	10.1.2024	Throw ball	NTS Gents	1.30-1.00

Note: Date for Faculty Throwball Fixtures is 01.02.2023 at 10.15am.

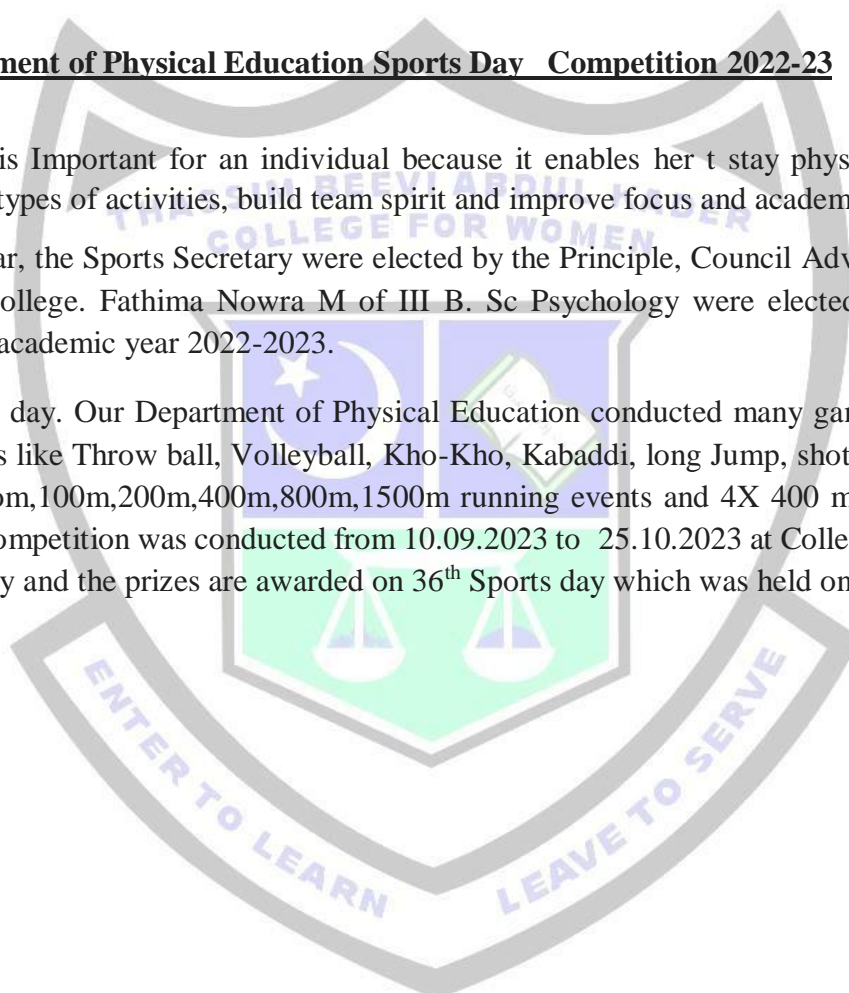
Note: Date for Faculty Dodgeball Fixtures is 02.02.2023 at 10.15am.

Department of Physical Education Sports Day Competition 2022-23

Physical education is Important for an individual because it enables her t stay physically fit, develop an interest in different types of activities, build team spirit and improve focus and academic performance.

Every academic year, the Sports Secretary were elected by the Principle, Council Advisers and Head of the departments f the college. Fathima Nowra M of III B. Sc Psychology were elected as Sports Secretary respectively for the academic year 2022-2023.

On behalf of Sports day. Our Department of Physical Education conducted many games for Faculty, NTS and also for students like Throw ball, Volleyball, Kho-Kho, Kabaddi, long Jump, shot put, Badminton,table tennis, Chess, Carrom,100m,200m,400m,800m,1500m running events and 4X 400 mts relay, Dodge Ball, Ball passing. This competition was conducted from 10.09.2023 to 25.10.2023 at College Playground. Many participated willingly and the prizes are awarded on 36th Sports day which was held on 6th March 2023.



Principal
Thassim Beevi Abdul Kader
College for Women, Kilakarai.

EXTRACURRICULAR ACTIVITIES

S.NO	Date	Name of the activity	Number of Participants
JUNE			
1	08.06.23	Millet fireless cooking	30
SEPTEMBER			
2	13.09.2023	Essay Writing in English and Poetry Writing in Tamil	10
3	23.09.2023	Photography Competition for International Peace Day	10
OCTOBER			
4	12.10.2023	Poster Making Competition	37
DECEMBER			
5	18.12.2023	Off Stage - Soap Carving	10
6	19.12.2023	Off Stage - Worth out of Waste	16
7	20.12.2023	Off Stage - Bridal Makeup & Hairdo	12
8	20.12.2023	Off Stage - Documentary Making	13
9	21.12.2023	Off Stage - T-Shirt Painting	16
10	22.12.2023	Off Stage - Calligraphy in English	13
JANUARY			
11	22.1.2024	On Stage – Group Dance	30
12	22.1.2024	On Stage – Standup Comedy	6
13	22.1.2024	On Stage – Parade	25
14	22.1.2024	On Stage – Mime	25
15	22.1.2024	On Stage – Solo Song	4



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