

Department of Physical Education & Sports
Delhi Technological University
(Formerly Delhi College of Engineering)
Bawana Road, Shahbad Daultpur, Delhi-110042

ARENA-2026 RULES

General Rules

1. Only the regular students of DTU are eligible to participate in ARENA-2026.
2. All participants must produce their University ID Card whenever requested by the Organisers.
3. Playing with outside or invalid players is strictly prohibited and will attract disciplinary action, including disqualification of the concerned team/player.
4. Teams shall play only those players as per the registered/published list.
5. All Players are recommended to wear the appropriate sports attire (preferably white or light-coloured T-shirts and comfortable sports shoes) suitable for the respective game.
6. **Team/Player must report to the ground/court/board/table 15 minutes before the scheduled start time. Failure to report within 15 minutes of the scheduled time will result in disqualification and a walkover will be awarded to the opponent.**
7. No request for change of Slot and/or Date/Time shall be entertained.
8. Decision of Umpire(s)/Referee(s) will be final. No player shall argue with the Umpire(s)/Referee(s) on their decision.
9. Matches shall be conducted on a knockout basis, unless otherwise specified for a particular event.
10. The number of players in a team shall be as per the international rules of the respective game/sport unless otherwise specified for a particular sport/event. If the required number of players is not available at the scheduled time, the team may play with a reduced number of players, provided the minimum number required under the international rules of that game is met.
11. If a team fails to meet the minimum number of players required under the international rules of the respective sport at the scheduled time, the team shall be disqualified and the opposing team shall be awarded a walkover (bye).
12. **ARENA Cup/Trophy: The overall topper (based on cumulative points scored across all events) shall be awarded the ARENA Cup/Trophy.**
13. **Points System:**
 - **Gold / 1st Position: 10 Points**
 - **Silver / 2nd Position: 7 Points**
 - **Bronze / 3rd Position: 5 Points**
14. In case of a tie in the total points for the ARENA Cup/Trophy, the Cup/Trophy shall be shared.
15. In case of any dispute, discrepancy, clash or conflict, the decision taken by the Organisers shall be final.

CRICKET

Format of Match

- **Men/Women – League & Quarterfinals:** 8 overs
- **Men – Semifinals:** 10 overs
- **Men – Final:** 15 overs
- **Women:** Semifinals and Final – 10 overs (or as decided by organisers).

Rules:

1. Matches shall be played according to the ICC rules in force, as adopted from time to time by the Board of Control for Cricket in India (BCCI), unless otherwise modified by the Organisers.
2. All matches shall be conducted on a knockout basis. Each side is allowed to complete the specified number of overs unless the opposing team is dismissed earlier.
3. Each bowler may bowl a maximum of 2 overs in an 8-over match, 2 overs in a 10-over match, and 3 overs in a 15-over match.
4. The bowling team will be given appropriate time to complete its quota of overs (approximately 30-35 minutes for 8 overs, 40-45 minutes for 10 overs, and 60-70 minutes for 15 overs).
5. No spike shoes will be allowed.
6. In case of a tie, a Super Over will be played.
7. The umpires are empowered to rearrange the number of overs in the event of a delayed start or interruption. The number of overs for the team batting second will not be reduced if the team batting first has been dismissed in fewer than the agreed number of overs.

FOOTBALL

Format of Match

MEN:

- **League & Quarterfinals:** 25 minutes + 25 minutes (with 10-minutes break)
- **Semifinals:** 30 minutes + 30 minutes (with 10-minutes break)
- **Final:** 35 minutes + 35 minutes (with 15-minute break)

WOMEN:

- 15 minutes + 15 minutes (with 7-minutes break)

Rules:

1. Matches shall be played according to the rules of FIFA as adopted from time to time by the All-India Football Federation, unless otherwise modified.
2. In the event of a draw at the end of a knockout match, penalty shootout will take place.
3. A maximum of four substitutions per match will be allowed.
4. Kick-offs will be taken from the halfway line.
5. Goalkeepers may pass the ball out with their feet or throw it with their hands. Goalkeepers cannot pick up a ball passed by a teammate, and must release the ball within 6 seconds.
6. Serious foul play will be punishable by yellow and red cards.
7. The referee's on-field decision is final. Any dissent, verbal abuse, or physical altercations with match officials or opponents will result in immediate disqualification of the player or team from the tournament

BASKET BALL

Format of Match (MEN & WOMEN):

- **League Knock outs, Quarters and Semifinals** – 10 + 10 Minutes
- **Finals** – 15 + 15 Minutes

Rules:

1. Matches shall be played according to the rules of FIBA as adopted from time to time by the All-India basketball federation unless otherwise modified
2. Each team can have a maximum of 5 players on the court at any one time. Substitutions can be made as many times as they wish within the game.
3. The ball can only be moved by either dribbling (bouncing the ball) or passing the ball. Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot.
4. After the ball goes into a team's half and they win possession back the ball must then make it back over the half way line within 10 seconds. If the ball fails to do so then a foul will be called and the ball will be turned over.
5. Each team has 24 seconds to at least shot at the basket. A shot constitutes either going in the basket or hitting the rim of the basket. If after the shot is taken and the ball fails to go in the basket then the shot clock is restarted for another 24 seconds.
6. The team trying to score a basket is called the offence whilst the team trying to prevent them from scoring is called the defence. The defence must do all they can to stop the offence from scoring by either blocking a shot or preventing a shot from being fired.
7. After each successful basket the ball is then turned over to the opposition.
8. Fouls committed throughout the game will be accumulated and then when reached a certain number will be eventually be awarded as a free throw. A free throw involves one player from the offensive team (the player fouled) to take a shot unopposed from the free throw line. Depending on where the foul was committed will depend on the number free throws a player gets.
9. Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands), goaltending (a defensive player interferes with the ball travelling downwards towards the basket) and back court violation (once the ball passes the half way line the offensive team cannot take the ball back over the half way line).

VOLLEYBALL

Format of Match (Men & Women)

- **League Knockouts:** Single game of 15 points
- **Semifinals and Finals:** Single game of 25 points
- **Finals:** Best of 3 games (25 points each)

Rules:

1. Standard FIVB rules will be followed.
2. Each team may hit the ball a maximum of three times before returning it.
3. Violations include stepping over the baseline on serve, carrying/palming the ball, touching the net, and reaching over the net.

KABADDI

Format of Match

MEN:

- **League & Semifinals:** 7 minutes + 7 minutes (2-minutes break)
- **Final:** 10 minutes + 10 minutes (2-minutes break)

WOMEN:

- **League & Semifinals:** 5 minutes + 5 minutes (2-minutes break)
- **Final:** 7 minutes + 7 minutes (2-minutes break)

Rules:

1. Matches shall be played according to the rules of the International Kabaddi Federation (IKF) as adopted by the All-India Kabaddi Federation, unless otherwise modified.
2. Each team shall consist of no more than 12 players, with only 7 taking the field at any one time.
3. At the start of the match, a coin toss will determine which team raids first. In the second half, the team that did not raid first will begin with a raid.
4. To score a point, the raider must take a breath, enter the opposition's half, tag one or more opponents, and return to their own half before inhaling again, while continuously chanting "Kabaddi".
5. Defenders may score a point by preventing the raider from returning after a tag. Raiders may only be grabbed by limbs or torso.
6. The team with the most points at the end of the match is declared the winner.

LAWN TENNIS

Format of Match (Men & Women)

- **League Knockouts:** 1 set (4 points)
- **Semifinals:** 1 set (6 points)
- **Finals:** Best of 3 sets (4 points each)

Rules:

1. The game starts with a coin toss to determine which player must serve first and which side they want to serve from.
2. The server must then serve each point from alternative sides on the base line. At no point must the server's feet move in front of the baseline on the court prior to hitting their serve.
3. If the server fails to get their first serve in, they may take advantage of a second serve. If they again fail to get their second serve in then a double fault will be called and the point lost.
4. If the server clips the net but the ball goes in the service area still then let is called and they get to take that serve again without penalty. If the ball hits the net and fails to go in the service area then out is called and they lose that serve.
5. The receiver may stand where they wish upon receipt of the serve. If the ball is struck without the serve bouncing then the server will receive the point.
6. Once a serve has been made the number of shots between the players can be unlimited. The point is won by hitting the ball so the opponent fails to return it in the scoring areas.
7. If a player touches the net, distracts his opponent or impedes in anyway then they automatically lose the point.
8. The ball can hit any part of the line for the point to be called in, outside the line and the ball is out.
9. The balls in a tennis match are changed for new balls every 6 games
10. A player loses a point if they fail to return the ball in either the correct areas on the court, hits the net and doesn't go into opponent's area or fails to return the ball before it bounces twice in their half.

BADMINTON

Format of Match (Singles & Doubles – Men & Women)

- **Knockout matches:** 1 Game (11 points each)
- **Quarterfinals and Semifinals:** 1 Game (21 points each)
- **Finals: Men-** Best of 3 Games (21 points each) **Women-** Best of 3 Games (11 points each)

Rules:

1. Standard BWF rules will be followed unless otherwise modified.
2. A point is scored when the shuttlecock lands within the opponent's court. If it hits the net and fails to cross, or lands out, the point goes to the opponent.
3. Serves must be underarm, below the waist, and diagonally across. There are no second serves.
4. Touching the net, deliberate distraction, or continuous rule violations may result in loss of points or forfeiture.

CHESS

Format of Match – (Men & Women)

- **Knock outs** – Points Scored in 10 Minutes
- **Semifinals and Finals** – Points Scored in 15 Minutes

Rules:

1. White is always first to move and players take turns alternately moving one piece at a time.
2. Movement is required. If a player's turn is to move, he is not in check but has no legal moves, this situation is called "Stalemate" and it ends the game in a draw.
3. Each type of piece has its own method of movement.
4. A piece may be moved to another position or may capture an opponent's piece, replacing on its square (en passant being the only exception).
5. With the exception of the knight, a piece may not move over or through any of the other pieces.
6. When a king is threatened with capture (but can protect himself or escape), it's called check.
7. If a king is in check, then the player must make a move that eliminates the threat of capture and cannot leave the king in check.
8. Checkmate happens when a king is placed in check and there is no legal move to escape.
9. Checkmate ends the game and the side whose king was checkmated loses

TABLE TENNIS

Format of Match (Singles & Doubles – Men & Women)

- **Knockout:** 1 Game (11 points)
- **Quarterfinals and Semifinals:** 1 Game (21 points)
- **Finals: Men-** Best of 3 Games (21 points each) **Women-** Best of 3 Games (11 points each)

Rules:

1. The toss of a coin or another form of lot-drawing determines which of the players shall serve first.

2. Each table tennis player serves twice in turn and serves must be made from an open palm, the ball tossed six inches then struck so it bounces on the service side, clears the net, then bounces on the receiver's side.
3. Points are decided as described above and games must be won by two clear points.
4. After each game the players rotate both the end of the table from which they are playing as well as who serves and receives the ball first.
5. In the deciding game of a match the players swap ends after either player reaches five points.

CARROM

Format of Match (Men & Women)

- **Knockout:** First to 5 coins + Queen, or points scored in 10 minutes (whichever is earlier)
- **Semifinals & Final:** Board clear

Rules:

Striking

- For each strike, the player must position the striker within the baseline OR on one of the two circles at either end of the baseline.
- A striker within the baseline must touch both the front line and the rear line.
- The striker may not "cut the moon" - be placed partially within the baseline and partially within the circle.
- The player must flick the striker with one finger so that it crosses the front baseline - it is not permitted to flick backwards or horizontally.
- A piece that is on or behind the front baseline must not be struck by the striker until the striker has crossed the front baseline.
- In striking, the player's hand or arm must not cross the diagonal foul lines at either end of the baseline.

Basic rules:

- For the very first turn, the player is allowed three attempts to "break" i.e. disturb the central group of counters.
- It doesn't matter which piece the striker hits first and it doesn't matter if the striker hits no pieces.
- If the striker pockets the Queen and/or one or more pieces of her own colour, the player retrieves the striker and takes another strike.
- If the player pockets no pieces or commits a foul, the turn finishes.
- Covering the Queen
- A player may only pocket and cover the Queen if that player has already pocketed at least one piece of that player's colour.
- Should a player pocket the Queen before being permitted to cover it, the turn continues but the Queen is returned to the centre at the end of the turn.
- If a player pockets the Queen and one of her own pieces in the same turn, this counts and that player has covered the Queen. Such a player must have already pocketed at least one piece in order to cover the Queen as per normal.
- When a player pockets the Queen but does not cover it, the Queen is returned as near as possible to the centre circle by the opponent.

Other Rules:

- Pieces returned to the centre can be placed on top of other pieces within the main circle.
- If pieces come to rest standing on their edge or overlapping another piece, they are left as they are until moved again in the normal course of play.

- If the striker comes to rest under another piece, the striker should be removed with as little disturbance to the covering piece as possible.

Fouls:

When a player commits a foul, the turn comes to an end immediately and a penalty is incurred. The penalty is that one pocketed piece is returned to the board by the opponent anywhere within the main circle. Any other pieces requiring to be returned to the board are also placed within the main circle by the opponent. It is normal for pieces to be positioned in order to confer an advantage for the opponent.

A foul is recorded in the following situations:

- The striker is pocketed.
- The striker or any other piece leaves the board.
- A player pockets an opponent's piece. If the Queen was also pocketed, it is returned to the centre by the opponent together with the penalty piece. Any other pieces pocketed in the same strike remain pocketed.
- A player pockets the final opponent's piece. Regardless of whether the Queen has been covered, the opponent's piece is returned to the centre in addition to the penalty piece.
- A player pockets the final piece before the Queen has been covered. In this case both the pocketed piece and a penalty piece are returned to the centre.
- A player contravenes the rules for striking.
- A player touches any piece in play, other than the striker.
- The first player to strike fails to break the counters in three attempts.

Where a penalty is incurred but no pocketed pieces exist to return, the penalty is "owed" until a piece becomes available. If a penalty is owed, when a piece becomes available due to being pocketed, the piece is

Note: Sport-specific rules may be further modified by the Organisers. In case of any dispute, the decision of the Organising Committee / Umpires shall be final.