

SCHOOL GAMES FEDERATION OF INDIA

Rules & Regulations

Mallakhamb

The game of Mallakhamb should be governed & played under the following rules.

Rule 1 : - AGE GROUPS

1.1 Competition for Men and Women will be held in the following age groups

Boys	Under 14 Years	Under 17 Years	Under 19 Years
Girls	Under 14 Years	Under 17 Years	Under 19 Years

1.2 Boys & Girls shall be below 14/17 & 19 years age on the last day of the year i.e. 31st December.

Rule 2 : - EVENT / APPARATUS

2.1. School Competitions will consist of the following events.

- a. For Boys Pole Mallakhamb
- b. For Girls Rope Mallakhamb

The spacing between different apparatus should be at least 10 meters. Except for competitors and officials appointed for management of the competition, nobody else should be allowed to enter the Competition Area.

2.2 Dimensions of Pole Mallakhamb (All Dimensions are in mm)

Height	Boys Under 19	Boys Under 14/17
Above the Ground	2600 to 2800	2400 to 2600
Under the Ground	800 to 900	700 to 800
Neck	180 to 200	180 to 200
Top	70	60
Total Length	3400 to 3700	3100 to 3400
Circumference		
Bottom	530 to 550	480 to 500
Below the Neck	300 to 350	300 to 350
Neck	180 to 200	180 to 200
Top	350	300

**Rope
Malla**

khamb

(All Dimensions are in mm)

	Girls Under 19	Girls Under 14/17
Length	5000 to 5500	5000 to 5500
Thickness	18 to 20	12 to 13
Height of the Structure	5800 to 6000	5800 to 6000

2.3 TYPES OF MALLAKHAMB

Mallakhamb Competitions cover two varieties of Mallakhamb.

1. Pole Mallakhamb
2. 2. Rope Mallakhamb.

2.3.1 POLE MALLAKHAMB

In this type a vertical wooden pole of Teak wood or Sheesam is fixed in the ground. The pole is smeared with castor oil, which helps to minimize excessive friction as the body comes in contact with the pole. The specifications of the pole are given.

2.3.2 ROPE MALLAKHAMB

Rope Mallakhamb was previously performed on a cane but nowadays, due to unavailability of good cane, a cotton rope is used. Performers are expected to perform various exercises without knotting the rope in

anyway. The specifications of the Rope Mallakhamb are given.

Rule 3 : - TEAM STRENGTH

Each Team will consist of maximum 4 Competitors but not less than 3 in each age group. The composition of the contingent is as follows:

Boys (14/17/19)	12 nos.
Girls (14/17/19)	12 nos.
Coach (Boys)	1 no.
Manager (Boys)	1 no.
Coach (Girls)	1 no.
Manager (Girls)	1 no.
General Manager	1 no.

TOTAL 29 nos.

If the State participates only in one section i.e. either Boys or Girls, the post General Manager is not valid. If the number of competitors is 12 or less, the team will be accompanied by only one coach/manager, for each male/female team. Manager/Coaches shall sit in the place provided for them and they should not instruct/obstruct the competitors and/or the officials, during the performance of their team. If they do so, a Judge or the Chief Judge will ask them to leave their place and to go into the spectator's gallery.

Rule 4 : - UNIFORM

- a. For Boys, the Competition attire will be only Langot and Jangiya, for Pole. Langot and Shorts with Sando Banian or T-Shirt or Wrestling Costume for Rope Mallakhamb.
- b. For Girls, Gym-Suits (Leotards- $\frac{3}{4}$ Sleeves compulsory); with or without slacks or T-shirt and Shorts.

Rule 5 : - TECHNICAL COMMITTEE

The Technical Committee is formed by SGFI with the help of MFI & Organizing State.

The duties of the T.C. are following :

- 5.1 To formulate and modify the rules of the competitions for the development of the game.
- 5.2 To conduct competitions as per the rules.
- 5.3 To conduct training and assessment of Judges.

- 5.4 To conduct seminars for Judges/Coaches/Competitors.
- 5.5 To print & publish audio-visual literature on Mallakhamb with prior approval of the Executive Committee.
- 5.6 To form a sub committee, if required, to execute the above.
- 5.7 To appoint a Competition Director and a panel of Judges.
- 5.8 The Technical Committee can replace the Chief Judge or Judges or Change the panel, on ground of inefficiency and/or partiality, after giving them the opportunity to express their views.

Rule 6 : - JURY OF APPEAL

- 6.1 The Executive Committee will appoint the Jury of Appeal.
- 6.2 The Jury of Appeal will consist of the Chairman of the Technical Committee or his nominee, one representative of the Federation, one T.C. member, Organizing Secretary and the Competition Director.
- 6.3 This Jury will resolve technical problem faced by Judges, Coaches, Organizers and Competitors.
- 6.4 In case of a protest, received in stipulated time and accompanied by the prescribed protest fees, the Competition Director will convene a meeting of the Jury of Appeal. The Jury of Appeal will investigate the matter, make necessary inquiries, call the affected individuals and consult the concerned Chief Judge if required and will declare their decision about the protest received. The Competition Director will convey the same to the concerned parties in writing & by the rules of SGFI.

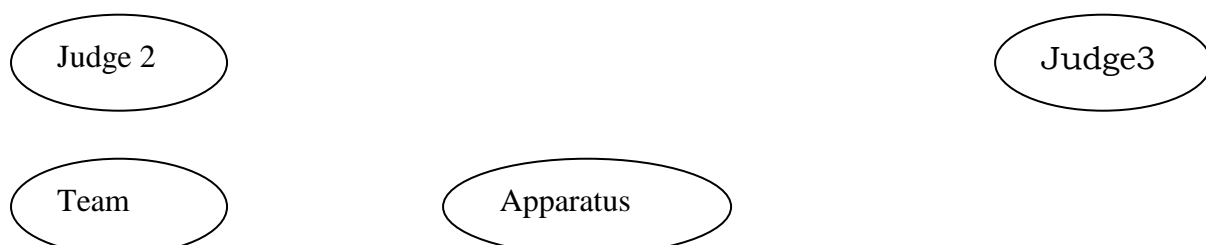
Rule 7. ORGANIZING COMMITTEE

- 7.1 For conducting Competitions, the Organizers will form one main Organizing Body, which will be known as the Organizing committee.
- 7.2 The Organizing Committee must have one member of the SGFI.

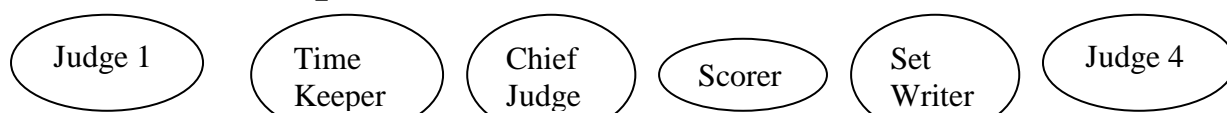
- 7.3 For the purpose of better organization, the Organization Committee can form different sub committees.
- 7.4** The Organizing Committee has the responsibility of preparing the ground and apparatus for the Competition, making lodging and boarding arrangements for the Competitors, Judges and Officials, planning the Opening and Closing Ceremonies, printing Participation Certificates for all the Teams, Judges and Officials and making all other necessary arrangements, for successfully conducting the Competition.
- 7.5 The Competition Director, appointed by the Organizing Association will be an ex-officio member of the Organizing Committee.

Rule 8 : - ORGANIZATION OF JUDGING

- 8.1** At all official and Invitational Championships conducted by MFI, there will be 4 Judges and 1 Chief Judge on each apparatus. If a sufficient number of Judges are not available, then 3 Judges or 2 Judges along with 1 Chief Judge will form the panel.
- 8.2** Besides this, one Time Keeper and One Scorer work with each panel.
- 8.3** If possible, one Set writer will be appointed to write the Sets. He will sit on the right side of the Scorer.
- 8.4** On each apparatus the Judges will be placed in such a manner that they have an unobstructed view of their apparatus.
- 8.5** The Scorer will sit on the right and Time Keeper will sit on the left side of the Chief Judge.
- 8.6** The Chief Judge and Scorer should not belong to the same State/Unit.
- 8.7 The Ideal seating arrangement should be as follows.



Rule 9 : - Table of Age Groups, Apparatus and Competitions



Age Group	PM		RM		COMP. NO.		
	Comp	Opt	Comp	Opt	I		III
B – U/14	Y	Y	N	N	Y		Y
Comp. I - 20	10	10	-	-	-		-
B – U/17	Y	Y	N	N	Y		Y
Comp. I – 20	10	10	-	-	-		-
B – U/19	Y	Y	N	Y	Y		Y
Comp. I – 20	10	10	-	-	-		-
G – U/14	N	N	N	Y	Y		Y
Comp. I – 10	-	-	-	10	-		-
G – U/17	N	N	N	Y	Y		Y
Comp. I – 10	-	-	-	10	-		-
G – U/19	N	N	N	Y	Y		Y
Comp. I – 20	-	-	10	10	-		-

9.1 TYPES OF COMPETITIONS

Two Competitions will be conducted as given below.

9.1.1 COMPETITION NO.I : TEAM CHAMPIONSHIP :

All the competitors will participate in this competition. Team Championship will be decided from the Competition No. I. Selection of the individuals for any higher competition will be made from this competition. This is again divided into two parts i.e. Competition No. IA and IB.

9.1.2 COMPETITION NO. IA : Compulsory Exercises :

In this competition all competitors will perform the given compulsory sets. This competition is applicable to those age groups, which have Compulsory sets. Only those who score an average of 50% or more marks in Compulsory sets are qualified to participate in the optional sets, on those Apparatus. (The Technical Committee has the discretion to bring down the 50% limit, if required.) When an apparatus does not have a Compulsory set, then all the Competitors will directly participate in Competition no. IB of that particular apparatus. (E.g. for Boys Above 18 yrs., if a competitor fails to get an average of 50% marks in Pole and Hanging Mallakhamb Compulsory set, then he is not allowed to participate in Competition No. IB of Pole and Hanging Mallakhamb, but there is no Compulsory Set for Rope Mallakhamb, therefore

he can participate in Competition IB of Rope Mallakhamb.)

9.1.3 COMPETITION NO. IB : Optional Exercises : Only when an apparatus does not have a Compulsory Set, all the Competitors will directly participate in Competition No. I B, i.e. Optional Exercises. Where there are Compulsory sets, only those who get 50% or more marks in these, are qualified to participate in the optional sets of that apparatus.

Apparatus and Maximum possible Team Total (Comp. No. I)

Age Group	PM		RM		Max.Points
	Comp	Opt	Comp	Opt	TMC
B - U/14	N	Y	N	N	60
Comp. I - 20	30	30	-	-	
B - U/17	Y	Y	N	N	60
Comp. I - 20	30	30	-	-	
B - U/19	Y	Y	N	N	60
Comp. I - 20	30	30	-	-	
G - U/14	N	N	N	Y	30
Comp. I - 10	-	-	-	30	
G - U/17	N	N	N	Y	30
Comp. I - 10	-	-	-	30	
G - U/19	N	N	Y	Y	60
Comp. I - 20	-	-	30	30	

For Team Championship at least 3 teams should participate. Also in a team minimum 3 competitors are essential. If in a team there are only 2 competitors and their total is the same or more than the total of the first 3 complete teams, they will still not be considered for Team Championship.

9.1.4 COMPETITION NO. III : APPARATUS CHAMPIONSHIP : Competition No. III is for deciding the Apparatus Champion on each Apparatus. Best 6 Competitors from Competition No. I on each Apparatus will qualify to participate for Competition No. III. All the Competitors having equal scores at Sr.No.6 will be allowed to participate; but not more than 2 competitors from a team, will be allowed. The qualifying competitors will perform one more Optional set on that particular apparatus. Half marks of

Competition No. I and full marks of Competition No.III, will be added to decide the Apparatus Championship. Merit certificates should be awarded to the first six ranks. If three competitors of the same team are eligible and if the scores of the last two competitors are the same, only one Competitor will be selected from them for Competition No. III. For that selection, the base score of Competition No. I on the relevant apparatus will be considered. If the base score is same, then points given by all the judges would be added. The table for Competition No. III is as follows:

Note : If Competition No. III can not be conducted; the Jury of Appeal may declare the result of the Apparatus Championship from the score of Competition No.

I. If Competition No. I remains incomplete, due to unavoidable circumstances, for any age group, then the Jury of Appeal will call a meeting of Coaches/Managers and will take a decision. The decision of the Jury will be final.

In case, Championships and Selection Trials are combined, selection should be done from Competition No. I only.

9.1.5 Best Mallakhamb Player's Competition:

Boys & Girls: This Competition is conducted after Competition No.III. In this competition, the best 2 competitors from all 4 age groups are selected. They perform one Optional Set on Rope Mallakhamb. The Competitor, securing the highest score out of 10, is declared as the 'Best Mallakhamb Player.' This competition is independent of earlier competitions.

Age Gr.	App.	Marks of Comp.I			50% C I	Comp.	Max.
BOYS		C	O	TOTAL		III	Marks
U/14	PM	10	10	10	10	10	20
U/17	PM	10	10	20	10	10	20
U/19	PM	10	10	20	10	10	20
GIRLS							
U/14	RM	-	10	10	5	10	15
U/17	RM	-	10	10	5	10	15
U/19	RM	10	10	10	10	10	20

Note: This competition is conducted only during National Competitions. If, for some reason, this competition can not be conducted, the Competitor who stands first in the Under 19 years group is declared as the 'Best Mallakhamb Player'.

Rule 10: -

TIE :

In case of a tie, the following rules should be applied.

- 10.1** If there is a tie between two competitors for the first position, then both of them are declared to be the winners of the first position and the next competitor is declared as the winner of the third position.
- 10.2** If there is a tie between 3/4/5 competitors for the first position then all of them are declared to be the winners of the first position and next positions declared will be the 4/5/6 respectively. The competitors will be given merit certificates accordingly.
- 10.3** The same rule is followed if there is a tie for the second position.
- 10.4** If there is a tie between 2/3 competitors for the third position, then all of them are declared to be the winner of the third position and next positions declared will be the 5/6 respectively. The competitors will be given Merit Certificates accordingly.
- 10.5** If there is a tie between 4 or more competitors for the third position, then all of them are declared to be the winners of the third position and next merit positions are not declared.

Rule 11 : - METHOD OF JUDGING

- 11.1** **START OF COMPETITION:** The sequence of performance for the teams will be decided in the Coaches'/Managers' Meeting held before the Competition. The first team has to report to the Chief Judge and the Captain of the team gives the

sequence of the performers in his team, which is noted by the Chief Judge on the prescribed Sheet No.1 and gives them 3 minutes to warm up and to get ready for the performance. The Chief Judge calls the first performer by name, asks him to get ready and the Time Keeper blows the whistle to start. The stopwatch should be started when the performer leaves the ground to touch the apparatus. He blows a warning whistle after completion of 60 seconds and the final whistle at 90 seconds and should announce the 'time up' irrespective of the position of the performer on the apparatus and stop the stopwatch as soon as the performer touches the floor. The 4 Judges award points to the performer in Score Slips and send it to the Chief Judge through the Slip Bearer. The Chief Judge, after considering the allotments of points and any corrections, will hand over the slips to the Scorer and then instruct him to fill in the marks in the Sheet No.1. The duty of the Scorer now starts. He strikes out the minimum and the maximum scores and makes the mean of the two remaining scores. Time Deduction is done, if required and after showing the scores to the Chief Judge the Final Scores are allotted to the performer. These scores are now announced by the Chief Judge and may be shown on the scoreboard. The rest of the work i.e. filling of scores in Sheet No.2, 3, 4, 5 and other calculations may be done under the guidance of members of the Technical Committee. The Competition Director will declare the final results, viz. the Team Championship and Apparatus Championship, only after the approval of the Result Sheet.

11.2 TOLERANCE IN DIFFERENCE: The difference of points between average of two middle scores and score given by the Chief Judge should not exceed.

If the difference is beyond the tolerance limit, the Chief Judge has to call the meeting of all the Judges and to bring the difference within the

tolerance limit, before the points are written on the Score Sheet.

Average Score	The difference of points between average of 2 Middle scores and score given by the Chief Judge should not exceed
9.00 to 10.00	0.10 pt.
8.00 to 9.00	0.20 pts.
7.00 to 8.00	0.30 pts.
6.00 to 7.00	0.40 pts.
5.00 to 6.00	0.50 pts.
Below 5.00	1.00 pt.

Rule 12 : - OFFICIALS AND THEIR DUTIES

12.1 COMPETITION DIRECTOR

- 12.1.1** The Technical Committee will appoint a Competition Director.
- 12.1.2** The Competition Director will check all the specifications and conditions of the apparatus and all the accessories, Score Slips, Score Sheets, Stopwatches and Stationery related to competition, before and during the competition, along with a Technical Committee member.
- 12.1.3** The Competition Director and the Technical Committee Chairman will convene a Judges' Meeting at least half an hour before the competition commences.
- 12.1.4** The Competition Director will appoint the Judging Panel, in consultation with the Technical Committee Chairman.
- 12.1.5** The Competition Director along with a Technical Committee member will set the Time Table of the Competition.
- 12.1.6** The Competition Director along with a Technical Committee member will supervise the functioning of the Judging Panel, and see that the Judges adhere to the Code of Points

and the Competition is run as per the scheduled timetable.

12.1.7 The Competition Director has the right to interrupt prolonged discussions of the panel of Judges and give the final verdict, to prevent delay in Competitions and may refer unsatisfactory work of the judges to the Technical Committee.

12.1.8 The Competition Director should wear a White Uniform.

12.2 **CHIEF JUDGE**

12.2.1 Taking into consideration, experience, knowledge and merit, the Competition Director will appoint the 'Chief Judge' on each panel.

12.2.2 For smoother conduction of the Competition, the Chief Judge must fully cooperate with the Competition Director and should follow the directions given by the Competition Director.

12.2.3 The Chief Judge must check all the specifications and conditions of apparatus and accessories, Score Slips, Score Sheets, Stopwatches and other Stationary related to the Competition, before and during the Competition. If there is any problem, he must report it to the Competition Director.

12.2.4 The Chief Judge is fully responsible for the smooth and efficient conduct of the Competition.

12.2.5 The Chief Judge should guide the Judges, Scorer, Time Keeper and Set Writer whenever necessary.

12.2.6 When a Competitor gets ready for the performance, the Chief Judge after alerting the panel, should signal the Competitor to 'START' the performance.

12.2.7 After completion of the performance, before receiving the Score Slips from other Judges, the Chief Judge must prepare his own Score Slip. If it is noticed that the Chief Judge is

not preparing his Score Slip, before receiving the Slips from the other Judges, it should be reported to the Competition Director.

- 12.2.8** After receiving the Score Slips from all the Judges, the Chief Judge should check the scores given by them, by applying appropriate rules and arrive at the Final Score. The Chief Judge should pass the Slips to the Scorer for entering the same on the Score Sheet along with the time taken by the Competitor, the average score, other deduction, if any, and the Final Score.
- 12.2.9** If the difference of points allotted by the Judges exceeds the tolerance limit, the Chief Judge should call concerned Judges for rectification.
- 12.2.10** If, even after a prolonged discussion, the difference does not get settled, the Chief Judge should report the matter to the Competition Director.
- 12.2.11** The Chief Judge should declare the Final Score of the Competitor before the commencement of the next set.
- 12.2.12** The Chief Judge has the right to issue a warning to any Competitor/Coach/ Judge for gross misconduct or violation of the Code.
- 12.2.13** After completion of the Competition, the Chief Judge should check the Score Sheet and sign it before handing it over to the Competition Director.
- 12.2.14** The Chief Judge should not leave his seat, without prior permission of the Competition Director.
- 12.2.15** The Chief Judge should a White Uniform.

12.3 JUDGES

- 12.3.1** All the Judges should evaluate the Score independently, fill the Judges' Slips, and hand over the Slips to the Chief Judge within 20 seconds.
- 12.3.2** A Judge should not leave his seat without permission of the Chief Judge. If any Judge

leaves his seat, without permission, the Chief Judge has the right to take action against that Judge with the consent of the Competition Director.

- 12.3.3 The Judge should remain present in the arena till the Competition is over, even if, he may not be actually evaluating the performance
- 12.3.4 The Judge should not have any communication with the Scorer, Coach, Competitor, Manager etc. while in the arena.
- 12.3.5 In case of doubt about the declared Final Score, the Judge may express his objection to the Chief Judge, before the commencement of the next set.
- 12.3.6 Before signing the Score Sheet, every Judge should check the Score Sheet, with respect to points given by him and the points written in the Score Sheet, Average Score etc. If any discrepancy is noticed, the same should be brought to the notice of the Chief Judge.
- 12.3.7 If any Judge feels that his rights are violated, he may approach the Competition Director. In no case, is he allowed to protest.
- 12.3.8 Judges should wear White Uniform.

12.4 SCORER

- 12.4.1 The Scorer should sit on the right side of the Chief Judge.
- 12.4.2 The Scorer should collect the required stationery, pens, Stop watches, Bell etc., before the commencement of the competition.
- 12.4.3 The Scorer should observe the sequence of the Teams/ Competitors.
- 12.4.4 The Scorer should help the Chief Judge by filling up of Scores given by the Judges and the Chief Judge, with accuracy and clarity, in the prescribed format, calculate the Average Score, properly apply the deductions made by the Chief Judge and arrive at the Final Score, according to the rules.

- 12.4.5 After every team is finished, the Scorer should check the Score Sheet, sign it himself, and take the signatures of all the Judges including the Chief Judge before handing over the same to the Competition Director.
- 12.4.6 The Scorer should attach all the Score Slips to the respective Score Sheets.
- 12.4.7 The Scorer should wear a White Uniform.

12.5 SET WRITER

- 12.5.1 It is advised that in every competition, there should be a Set Writer on each panel. In case of an insufficient number of Set Writers, the competition will run without them.
- 12.5.2 The Set Writer should be a qualified judge at that level.
- 12.5.3 The Set Writer should sit on the right side of the Scorer.
- 12.5.4 The Set Writer should make notes on the set including minute details, such as pauses, faults, helps, falls, final body positions etc.
- 12.5.5 In case of differences of opinion between Judges, the notes of the Set Writer should be held as authentic and final.
- 12.5.6 The Set Writer can take part in the Judges discussions, if called by the Chief Judge.
- 12.5.7 The Set Writer should wear a White Uniform.

12.6 TIME KEEPER

- 12.6.1** The TimeKeeper should sit on the left side of the Chief Judge.
- 12.6.2 The TimeKeeper should give maximum 3 minutes warming up time to each team, in Competition No. I and maximum 1 minute warming up time to each Individual in Competition No. II and III.

- 12.6.3 After the signal from the Chief Judge, if the Competitor fails to start his set within 10 seconds, the Time Keeper will inform the Chief Judge.
- 12.6.4 As soon as the Competitor leaves the ground to touch the apparatus, the timekeeper should start the stopwatch and after the dismount as the competitor touches the ground he should stop the stopwatch.
- 12.6.5 The Time Keeper should standup and give an audible signal at 60 seconds, by a short whistle/bell or orally and at 90 seconds, by a long whistle/bell or orally.
- 12.6.6 Time signals should be clear and the Competitor and his Coach should be able to hear the signals properly.
- 12.6.7 If an exercise/set is interrupted by a fall, the TimeKeeper should not stop the stop watch up to 90 seconds.
- 12.6.8 The TimeKeeper should inform the Chief Judge as to the time taken by the Competitor for the set.
- 12.6.9 After every set, the TimeKeeper should show the stopwatch to the Chief Judge, before resetting the same.
- 12.6.10 The TimeKeeper should wear a White Uniform.

12.7 SLIP BEARERS

All the 5 Judges, including the Chief Judge, will sit separately at convenient distance from each other and fulfill their responsibilities without any assistance. The Judges write down the scores on the Score Slips. The Slip Bearers should collect these Slips from the Judges and hand them over to the Chief Judge as quickly as possible. The Slip Bearers should maintain the secrecy of scores during the movement of the Slips. All the Slip Bearers should be in Uniform.

12.8 COMPETITORS

12.8.1 TECHNICAL REGULATIONS

- a. A Competitor can participate in one age group only.
- b. The Competitor should make himself familiar with the contents of the Code of Points.
- c. The Competitor should wear a proper uniform. If the uniform is not appropriate; the Chief Judge will make deductions.
- d. Cotton or Elastic single anklet and/or kneecap (with out foam padding) are allowed only on Rope Mallakhamb, for which no deductions will be made.
- e. Before the start of the Competitions, only 3 minutes to each Team or 1 minute to each Individual will be given for warming up. After this stipulated time period, the Time Keeper will give the signal to stop the Warming Up.
- f. No warming up is allowed in between 2 sets of the Competition. For such warming up, the Chief Judge will make appropriate deductions.
- g. The Chief Judge will give the starting signal to the Competitor and if the Competitor does not start his/her set within 10 seconds then the Chief Judge will make appropriate deductions from the Average Score.
- h. The Competitor should not leave the arena without the permission of the Chief Judge.
- i. The Competitor should behave properly and should not create any obstruction to the Competition.
- j. The Competitor should not discuss any thing with the Judge about the Points declared.
- k. In case of misconduct of the Competitor, the Chief Judge will make appropriate deductions on every occasion from the Average Score. The Chief Judge will communicate the same

to the Competitor or to his/her Coach. If misconduct is of a repetitive nature, the Chief Judge will inform to the Competition Director to debar the Competitor/Team, from the Competition.

1. In case of a fall from the Apparatus, the Competitor may continue his set within 10 seconds. Deduction for the fall will be 0.50 points.
- m. After the fall, if the competitor fails to continue the set within 10 seconds, then points will be given for the performed set up to the fall. If the Coach enters in the arena and gives First Aid after the fall, no deductions will be made for First Aid.

12.8.2 MEDICAL EXAMINATION

A medical certificate stating the Competitors' fitness and that the Competitor does not have any contagious disease, for each Competitor should be produced by the Manager of the Team. If necessary, SGFI has the right to check and examine the Competitor, medically and also check the age and sex of the Competitor. SGFI can conduct Dope Test of the Competitor at any time before, during or after the Competition.

12.8.3 UNIFORM

- a. For Men, the Competition attire will be only Langot and Jangiya, for Pole and Hanging Mallakhamb. Langot and Shorts with Sando Banian or T-Shirt or Wrestling Costume for Rope Mallakhamb.
- b. For Women, Gym-Suits (Leotards- $\frac{3}{4}$ Sleeves compulsory); with or without slacks or T-shirt and Shorts.

12.9 COACH

- 12.9.1 The Coach must have knowledge of the Code of Points.

- 12.9.2 The Coach should attend the Coaches'/Managers' Meeting.
- 12.9.3 The Coach should not discuss anything about the evaluation with the Judges.
- 12.9.4 If the Coach violates rules and behaves in an undisciplined manner, then he will be warned at once, by the Chief Judge/Competition Director and on the second such occasion, he can be expelled from the Competition.
- 12.9.5 If the Coach remains present in the arena, during the performance, 0.20 points will be deducted by the Chief Judge from the Average Points secured by the Competitor.
- 12.9.6 During the performance, if the Coach signals the Competitor in any form, an appropriate deduction will be made on each occasion, by the Chief Judge, from the Average Score.
- 12.9.7 The Coach can protest in writing, about the declared Scores, within half an hour along with the prescribed Protest Fees.
- 12.9.8 The Coach should be in Tracksuit or in Trouser and T-shirt.

12.10 **MANAGER**

- 12.10.1 The Manager must control his full team and he is responsible for the behavior of his team.
- 12.10.2 The Manager should keep the Competitors ready for the performance as per the time table.
- 12.10.3 The Manager should produce Birth Date Certificates, Medical Certificates & Photographs of the Team on demand.
- 12.10.4 The Manager should know about the facilities given by the organizers.
- 12.10.5 The Manager should attend the Coaches'/Managers' Meeting.
- 12.10.6 The Manager can protest in writing, about the declared Score, within half an hour along with the prescribed Protest Fees.

Rule 13 : - PROTEST

- 13.1 The Manager/Coach of the Team, has a right to file a protest against the declared Points.
- 13.2 The Protest should be signed by the Manager/Coach.
- 13.3 The Protest should be addressed to the Chairman, Jury of Appeal.
- 13.4 The Protest should be presented within half an hour from the declaration of the Points.
- 13.5 The Protest Fees, as prescribed, should be deposited in cash along with the written protest to the Competition Director.
- 13.6 The Jury of Appeal will give their decision about the Protest, in writing, through the Competition Director.
- 13.7 If the Protest is upheld, the prescribed Protest Fees will be refunded and if not it will be forfeited and a proper receipt will be issued by the appropriate authority.

Rule 14 : - DISCIPLINE

During the Competition, all the participants are expected to respect all the Officials and their judgments. For any kind of indiscipline or misconduct by the Individual or by the Team, the Chief Judge is empowered to deduct appropriate marks from the Average Score. In case of Gross misconduct the Competition Director has the power to disqualify the concerned Individual/Team, on the report of the Chief Judge or the Official.

Rule 15 : - EQUIPMENT & ACCESSORIES

Before Competitions, the equipment should be approved by the MFI for which one member should be deputed by the MFI, who should visit the Competition arena well in advance, check the equipment, observe all arrangements and submit the report to the MFI.

Following equipment and accessories are required for any Classified Competition.

- (1) All the 3 types of Mallakhamb i.e. Pole, Hanging and Rope, with specific measurements.

- (2) Mats of 2 mtrs X 1 mtr. And 6 to 10 cms. Thick to be used around the Pole Mallakhamb and below the Hanging and Rope Mallakhamb (at least 60), a Crash Mat, if available, is allowed.
- (3) Castor Oil (3 Ltr)
- (4) Magnesium Carbonate (light) Powder (5 Kg)
- (5) Resin Powder (2 Kg)
- (6) Whistles/Bells (5 Nos.)
- (7) Stop Watches (5 Nos.)
- (8) Score Slips
- (9) Score Sheets
- (10) Score Board
- (11) Stationary viz. Full Scape Papers (1 ream), Pads (30), Pens (30), Pokers (5)
- (12) Furniture viz. Tables (40 nos.), Chairs (100 nos.), & Benches (10 nos.)

SECTION II

1. RULES FOR EVALUATION

- 1.1 A Panel of a Chief Judge and 4 Judges will evaluate each set, independently, for 10.00 points.
- 1.2 After completion of each set, every Judge will prepare the Score Slip within 20 Seconds and handover the same to the Slip Bearer.
- 1.3 The Chief Judge should write down his score first on his slip and then receive the Score Slip from the other Judges.
- 1.4 The highest and the lowest Scores out of the Scores given by the 4 Judges will be deleted and an average of the remaining two Scores will be taken into consideration.
- 1.5 The difference between the Average Points and the points given by the Chief Judge should not exceed the following :

If the difference is beyond the tolerance limit, the Chief Judge must call a meeting of all the Judges to bring the difference within the tolerance limit, before writing the Average Score on the Score Sheet.

From the Average Score, the Chief Judge will make the deduction (e.g. Time, Uniform, Misconduct etc.). The Score after such deductions will be declared as the Final Score.

- 1.6 If the Panel is of 1 Chief Judge and 3 Judges, then the Chief Judge will be considered as the 4th

Judge to determine

Expected Average Score	Difference between average and Points of Chief Judge of that Panel
9.00 to 10.00	0.10 Pts.
8.00 to 9.00	0.20 Pts.
7.00 to 8.00	0.30 Pts.
6.00 to 7.00	0.40 Pts.
5.00 to 6.00	0.50 Pts.
Below 5.00	1.00 Pts.

Average Score.

- 1.7 If the Panel is of 1 Chief Judge and 2 Judges, then the Scores of all the 3 will be taken to determine the Average Score.

2. BASE SCORE

If the point difference between all the four Judges exceeds the given tolerance limit and the judging panel can not arrive at any conclusion with out 2 minutes, then the Chief Judge may go for the Base Score and declare it as the Average Score.

The concept of the Base Score is applicable only when the Panel of Judges is of 5 members. The Base Score means, the Average of, average of 2

middle out of the 4 Judges and points awarded by the Chief Judge.

For example	Chief Judge	J1	J2	J3	J4
Points Awarded	8.30	7.50	7.90	8.30	8.40

Then the Base Score will be

$$\begin{aligned}\text{Base Score} &= (\text{Average of 2 middle Scores of 4} \\ &\quad \text{Judges + Chief Judges' Score})/2 \\ &= (7.90 + 8.30)/2 + 8.30/2 \\ &= (8.10 + 8.30)/2 \\ &= 8.20\end{aligned}$$

3. EVALUATION OF COMPULSORY EXERCISES AND ITS DEDUCTIONS

- 3.1** The MFI has prescribed the Compulsory Set of Exercises for
1. Boys U/14 years on Pole Mallakhamb.
 2. Boys U/17 years on Pole Mallakhamb.
 3. Boys U/19 years on Pole Mallakhamb.
 4. Girls U/19 years on Rope Mallakhamb.
- 3.2** Each Compulsory Set has got 10 Exercises and Scores for each Exercise are stipulated as in the pictorial representation attached herewith. Evaluation will be done as per the interpretation of the Exercises according to the written set.
- 3.3** All the Exercises should be performed in the same sequence as given in the text. If the exercise at a particular number in the sequence is missed out and is performed subsequently, it will not be considered as performed. Similarly, if an exercise at a later number is performed earlier, it also will not be considered.
- 3.4** If an unmentioned exercise is executed, the said additional exercise will not be taken into account and deduction of 0.20 points will be done from the subsequent exercise each time.
- 3.5** If any part or exercise is omitted, then the value of the entire part/ exercise will be deducted.
- 3.6** In case of repetition, 0.20 points will be deducted from the subsequent exercise each time.

- 3.7 If the Competitor fails to execute the element in the first attempt and succeeds in the second attempt, 0.20 points will be deducted from the total score and evaluation of that exercise will be done from half of the marks given in the text.
- 3.8 In case of a fall from the apparatus, a standard deduction of 0.50 points will be made from the total points.
- 3.9 If the Coach stands near the apparatus while performing Compulsory Sets, 0.20 points will be deducted.
- 3.10 If the Coach assists the Competitor, for every help, 0.50 points will be deducted and the points given in the text for that exercise/element will not be awarded.
- 3.11 All general deduction will be applied as per the Chapter "Deductions".
- 3.12 The prescribed Compulsory Set should be executed within 90 seconds, if extra time is taken, time deduction will be applied by the Chief Judge from the Average Score as per the Time Deduction chart.
- 3.13 There is no minimum Time Limit for Compulsory Set. No deduction will be made even if the set is completed within 60 seconds.

4. EVALUATION OF OPTIONAL EXERCISES

- 4.1 Time Duration: Each Optional Exercise should take minimum 60 and maximum 90 seconds.
- 4.2 At 60 seconds an audible signal will be given orally or by a short bell/ whistle. Similarly, at 90 seconds again an audible signal will be given orally or by a long bell/whistle.
- 4.3 If the Optional Set takes less than 60 seconds or more than 90 seconds, deductions will be made only by the Chief Judge, from the Average Score, as per the following table.

Time Taken	Deductions
Up to 2 seconds	0.10 pts.
Up to 5 seconds	0.20 pts.
Up to 9 seconds	0.30 pts.
10 seconds & more	0.50 pts.

If an element is being performed at the 90 seconds' signal, even if, it only gets completed after 90 seconds will be considered for evaluation with appropriate Time Deduction. However, the Judges will not be considered the element, started after 90 seconds' signal, but Time Deduction will be applied.

5. REPETITION

- 5.1 If mounts and dismounts of compulsory sets are executed in the Optional Sets, the same will not be considered for evaluation at all.
- 5.2 If repetition of an element is done more than twice, 0.20 points will be deducted for every repetition.
- 5.3 Due to mistakes or loss of balance, while performing an element, if the Competitor falls from the apparatus, the said element will not be considered as performed. If the element is performed successfully in the second attempt, it will not be considered as repetition and appropriate scores will be awarded to the element. In such an event, deduction will not be made for repetition but will be made for an unsuccessful attempt.

6. ASSISTANC/HELP

- 6.1 It is expected that the Competitor should execute the exercises without anybody's help.
- 6.2 As a precaution, for the safety of the Competitor, as well as, for moral and mental support, if the Coach remains present near the apparatus, 0.20 points will be deducted from the Average Score.
- 6.3 If the Coach, physically help the Competitor, up to 0.50 points will be deducted for each help, depending upon the gravity of the help.
- 6.4 Any element executed with the complete help of the Coach, will not be considered for evaluation at all.
- 6.5 Not more than one Coach is allowed in the arena at any given time.
- 6.6 If the structure of the Rope/Hanging Mallakhamb is not sturdy, the structure may be supported,

with the permission of the Chief Judge, for which, no deductions will be made.

- 6.7 On Rope/Hanging Mallakhamb, in case of swing, if the Coach touches the apparatus or the Competitor, to stop the swing, 0.30 points will be deducted for each touch.
- 6.8 The Coach is merely allowed to stand near the apparatus for specially marked "C" class elements.

7 DISTRIBUTION OF 10 POINTS (OPTIONAL SETS')

10 points in the Optional set are divided as follows :

Difficulty	3.40 points
Combination	1.60 points
Execution	5.00 points

Total 10.00 points

Difficulty consists of A, B and C class exercises whose values are 0.20, 0.40 and 0.60 respectively.

7.1 DIFFICULTY (3.40 Points)

All the elements executed on each Apparatus, are classified into three parts as A, B & C class.

A : Easy and Simple exercises 0.20 pts each.

B : Medium exercises 0.40 pts each.

C : Difficult exercises 0.60 pts each.

For securing 3.40 points of Difficulty, following are the requirements of various difficulties in one set :

Comp.No.	A exercise	B exercises	C exercises	Total
I	0.20 x 4 = 0.80	0.40 x 5 = 2.00	0.60 x 1 = 0.60	3.40
II & III	0.20 x 1 = 0.20	0.40 x 5 = 2.00	0.60 x 2 = 1.20	3.40

Specifically for Rope Mallakhamb:

- i. One Adhi/Hold, executed is to be considered as only one difficulty.
- ii. One Strength/Flexibility hold part exhibited is to be considered as only one difficulty.

- iii. All Hold positions should be held for 2 seconds. In case the hold is less than that, it will be treated as an incomplete element and in case of a hold more than that, it will be considered as a pause.

7.2 COMBINATION (1.60 Points)

For the balanced and neat structure of the Set, care should be taken about the following requirements:

1. Full Length of the Apparatus should be used.
2. Elements should be performed both, from the right and left sides.
3. Both, forward and backward bending elements should be performed.
4. All types of elements viz. speedy, acrobatic, catches, hold parts etc. should be performed.

Apparatus wise special combination requirements and points are as follows:

a. POLE MALLAKHAMB

1. All parts of the Pole should be properly utilized
0.10
2. One Acrobatic element of 'B' part should be executed from both sides
0.20
3. Continuous 3 Acrobatic elements of which at least 1 should be 'B' part
0.20
4. At least one Vertical Hold part
0.20
5. At least one Horizontal Hold part
0.20
6. One Hold position demonstrating flexibility of back bone
0.20
7. At least one Press Element
0.20

8. At least two transitions from one hold position to another Hold position
0.20
9. Minimum 16 elements in one Set
0.10

b. **ROPE MALLAKHAMB**

1. At least once the Rope should be held in legs at 4 Meters height
0.20
2. At least 2 hold parts showing Forward and Backward flexibility
0.20
3. One Vertical and one Horizontal Hold part
0.20
4. At least 'B' part Mount
0.20
5. 'C' part Dismount
0.20
6. At least one Strength part
0.20
7. Minimum 18 elements in one Set
0.20
8. Smooth and Homogeneous Combination
0.20

If the Competitor fulfills the above special requirements, complete 1.60 points of the Combination can be awarded.

7.03 EXECUTION (5.00 Points)

Execution includes

- i. Technique
- ii. Maximum range of Movements (Amplitude)
- iii. Proper Posture
- iv. Controlled Body Movements
- v. Exactness of Phases during Turning Movements
- vi. Height and Flight/Amplitude of the Catches

- vii. Proper Position and proper direction after 'Zaap'
- viii. Dismount with steady and perfect landing
- ix. Preciseness in whole performance
- x. Speed of the Set
- xi. Minimum extra touches/unnecessary movements, in transitions.

8. DEDUCTIONS

All Judges should make deductions, from Execution as below:

A. MINOR DEDUCTIONS

- | | |
|---|------------|
| 1. Improper Body Posture | 0.10 |
| 2. Not stretched palms and legs | 0.10 |
| 3. Bending the palms/elbows/knees | 0.10 |
| 4. Unnecessary separation of hands and legs | 0.10 |
| 5. Wrong positioning of head, hands and legs | 0.10 |
| 6. Improper final position | 0.10 |
| 7. Unessential pause for more than 2 Seconds | 0.10 |
| 8. Unnecessary touches to the Apparatus | 0.10 |
| 9. Low height - flight at mounts/dismounts | 0.10 |
| 10. Technically improper turning movements | 0.10 |
| 11. Low Amplitude | 0.10 |
| 12. Slight touch of hands or legs to the ground | 0.20 |
| 13. Extra swing where not required | 0.20 |
| 14. Improper/Slipped Catches | up to 0.20 |
| 15. Too low height - flight at mount/dismounts | up to 0.20 |
| 16. Tuck/pike/hollow, where not required | up to 0.20 |
| 17. Unnecessary break in the continuity of elements | up to 0.20 |

B. MAJOR DEDUCTIONS

- | | |
|--|------------|
| 1. Loosing the balance on the apparatus itself | up to 0.50 |
| 2. Physically help by the Coach | up to 0.50 |
| 3. Fall on the Ground | up to 0.50 |

C. DEDUCTIONS TO BE DONE BY CHIEF JUDGE

The Chief Judge will make deductions, from the Average Score of the Judges. Deductions by the Chief

Judge will be shown in the deductions column of the Score Sheet.

- a. For not reporting to the Chief Judge before or after the Set
0.10
- b. For not maintaining the Sequence 0.20
- c. For exceeding the warm up period 0.20
- d. For warming up between 2 sets without permission
0.20
- e. For late start 0.20
- f. For improper attire 0.20
- g. If the Team is not in Uniform (Deduction from Team Total)
0.50
- h. Time Deduction: As per the prescribed Table
- i. For misbehavior of the Competitor 1.00
- j. For gross misconduct debarring the Individual or Team
(As the case may be)

Note - For 2008-09 Competitions of only U/17 & U/19 Boys/Girls will be conducted.

Mallakhamb Federation (Regd.) India (Technical Committee)

Code of Points

For Men & Women School Games

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2008 Edition

Section I

1. PURPOSE AND GOAL OF CODE OF POINTS

To guarantee an objective and uniform evaluation of exercises in competitive Mallakhamb.

To provide a basis by which evaluation of Mallakhamb Competition at the National Championships or Selection Trials and other recognized Invitational Competitions can be standardized, since it is recommended that this Code of Points be utilized at all National, State, District Level Championships and Selection Trials.

To act as a guideline for competitors and coaches in preparing for the competition.

To act as a technical guideline for organizing Mallakhamb Competitions.

2. History and Development of Mallakhamb

The earliest mention of Mallakhamb can be traced back to the 12th Century where it is mentioned in the Classic “MANASOLHAS” (1135 A.D.). For about seven centuries after that, the art form remained dormant until it was given a new lease of life by BALAMBHATTADADA DEODHAR, the renowned teacher of PESHWA BAJIRAO – II during the first half of the 19th century.

However, competitive Mallakhamb at the National Level first made its appearance at the Pahadganj Stadium, Delhi, in the year 1958. It was here

that the Gymnastic Federation of India proposed to recognize the game and include it in subsequent National Gymnastic Championships.

The first National Mallakhamb Championship was held at Gwalior, Madhya Pradesh in the year 1962, as part of the National Gymnastics Championships. They were continuously organized by the G.F.I. until 1976 when they were disassociated from the G.F.I. from 1977 to 1980, no recognized National Mallakhamb Championships were held. However, in the year 1968-69, the game was introduced in the All India Inter University Gymnastic Championships.

Mr. Rajesh & Rakesh Shrivastava, Dr. Bamshankar Joshi and some other Mallakhamb enthusiasts at Ujjain, Madhya Pradesh, founded an All India level Association, on 21.11.1980, which was later called as the "Mallakhamb Federation of India." The first All India Invitational National Championships were organized by the New Sports Association from 27th to 29th January 1981 at Ujjain, Madhya Pradesh. The event brought in representatives from all over India, who participated in the Championships and together they officially formed the "Mallakhamb Federation of India" on 29th January 1981. Since then, the National Mallakhamb Championships are being organized by different State Associations affiliated to the Federation.

3. TYPES OF MALLAKHAMB

Mallakhamb Competitions cover three varieties of Mallakhamb.

1. Pole Mallakhamb
2. Hanging Mallakhamb
- & 3. Rope Mallakhamb.

3.01. POLE MALLAKHAMB

In this type a vertical wooden pole of Teak wood or Sheesam is fixed in the ground. The pole is smeared with castor oil, which helps to minimize excessive friction as the body comes in contact with the pole. The specifications of the pole are given in Appendix 1.

3.02 HANGING MALLAKHAMB

This type of Mallakhamb is similar to Pole Mallakhamb, but as the name indicates, a wooden pole shorter in length than the standard Pole Mallakhamb, is hung with the aid of hooks and a chain, leaving a gap between the ground and the bottom of the Mallakhamb. The specifications of the Hanging Mallakhamb are given in Appendix 1.

3.03 ROPE MALLAKHAMB

Rope Mallakhamb was previously performed on a cane but nowadays, due to unavailability of good cane, a cotton rope is used. Performers are expected to perform various exercises without knotting the rope in anyway. The specifications of the Rope Mallakhamb are given in Appendix 1.

4. TECHNICAL COMMITTEE

The Technical Committee is a subcommittee of the Executive Committee with its President, Secretary and Treasurer as Ex-Officio Members. The duties of the T.C. are :

- 4.01 To formulate and modify the rules of the competitions for the development of the game.
- 4.02 To conduct competitions as per the rules.
- 4.03 To conduct training and assessment of judges.
- 4.04 To conduct seminars for Judges, Coaches and Competitors.
- 4.05 To print & publish audio-visual literature on Mallakhamb with prior approval of the Executive Committee.
- 4.06 To form a sub committee, if required, to execute the above.
- 4.07 To appoint a Competition Director and a panel of Judges.
- 4.08 The Technical Committee can replace the Chief Judge or Judges or Change the panel, on ground of inefficiency and/or partiality, after giving them the opportunity to express their views.

5. JURY OF APPEAL

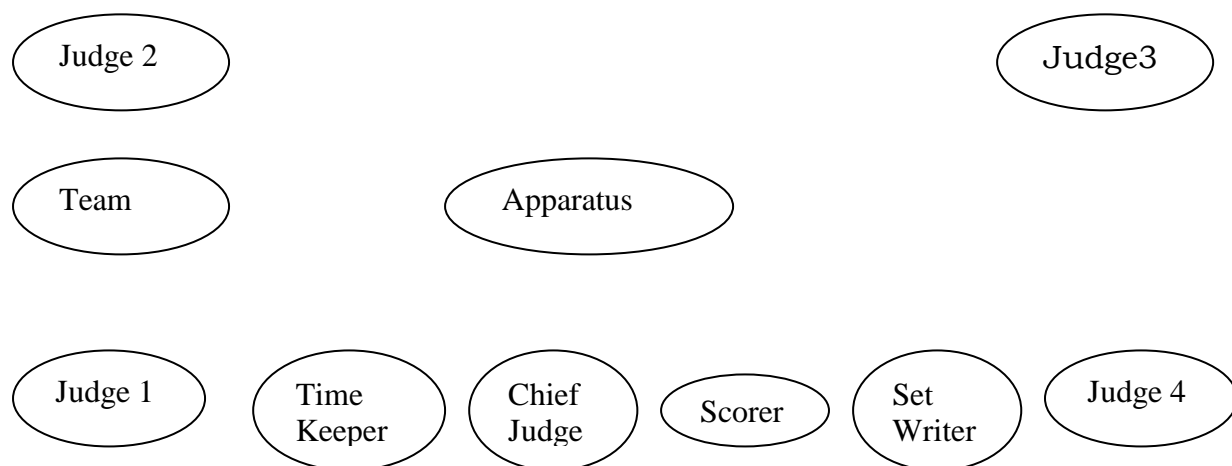
- 6.5 The Executive Committee will appoint the Jury of Appeal.
- 6.6 The Jury of Appeal will consist of the Chairman of the Technical Committee or his nominee, one representative of the Federation, one T.C. member, Organizing Secretary and the Competition Director.
- 6.7 This Jury will resolve technical problem faced by Judges, Coaches, Organizers and Competitors.
- 6.8 In case of a protest, received in stipulated time and accompanied by the prescribed protest fees, the Competition Director will convene a meeting of the Jury of Appeal. The Jury of Appeal will investigate the matter, make necessary enquiries, call the affected individuals and consult the concerned Chief Judge if required and will declare their decision about the protest received. The Competition Director will convey the same to the concerned parties in writing.

6. ORGANIZING COMMITTEE

- 6.01 For conducting Competitions, the Organizers will form one main Organizing Body, which will be known as the Organizing committee.
- 6.02 The Organizing Committee must have one member of the Federation appointed by the Executive Committee of the Federation.
- 6.03 For the purpose of better organization, the Organization Committee can form different sub committees.
- 6.04 The Organizing Committee has the responsibility of preparing the ground and apparatus for the Competition, making lodging and boarding arrangements for the Competitors, Judges and Officials, planning the Opening and Closing Ceremonies, printing Participation Certificates for all the Teams, Judges and Officials and making all other necessary arrangements, for successfully conducting the Competition.
- 6.05 The Competition Director, appointed by the Federation will be an ex-officio member of the Organizing Committee.

7. ORGANIZATION OF JUDGING

- 7.01 At all Official and Invitational Championships conducted by MFI, there will be 4 Judges and 1 Chief Judge on each apparatus. If a sufficient number of Judges are not available, then 3 Judges or 2 Judges along with 1 Chief Judge will form the panel.
- 7.02 Besides this, one Time Keeper and One Scorer work with each panel.
- 7.03 If possible, one Set writer will be appointed to write the Sets. He will sit on the right side of the Scorer.
- 7.04 On each apparatus the Judges will be placed in such a manner that they have an unobstructed view of their apparatus.
- 7.05 The Scorer will sit on the right and Time Keeper will sit on the left side of the Chief Judge.
- 7.06 The Chief Judge and Scorer should not belong to the same State/Unit.
- 7.07 The Ideal seating arrangement should be as follows.



8. **RULES FOR THE COMPETITION**

8.01 **REGISTRATION OF COMPETITORS**

MFI will register the competitors, for which the respective State Association, along with the registration fees, will submit the Registration Form duly filled in. The registration fees will be as decided by the Federation from time to time.

8.02 **EVENT / APPARATUS**

Championships will consist of the following events.

- a. For Boys Pole Mallakhamb b. For Girls Rope Mallakhamb

The spacing between different apparatus should be at least 10 meters. Except for competitors and officials appointed for management of the competition, nobody else should be allowed to enter the Competition Area.

8.03 **AGE GROUPS**
Competition for Men and Women

Age Group	PM		RM		COMP. NO.		
	Comp	Opt	Comp	Opt	I	II	III
B – U/14	Y	Y	N	N	Y		Y
Comp. I – 20	10	10	-	-	-		-
B – U/17	Y	Y	N	N	Y		Y
Comp. I – 20	10	10	-	-	-		-
B – U/19	Y	Y	N	Y	Y		Y
Comp. I – 20	10	10	-	-	-		-
G – U/14	N	N	N	Y	Y		Y
Comp. I – 10	-	-	-	10	-		-
G – U/17	N	N	N	Y	Y		Y
Comp. I – 10	-	-	-	10	-		-
G – U/19	N	N	N	Y	Y		Y
Comp. I – 20	-	-	10	10	-		-

n will be held in the following age groups

Boys	Under 14 Years	Under 17 Years	Under 19 Years
Girls	Under 14 Years	Under 17 Years	Under 19 Years

8.04 **TEAM STRENGTH**

Each Team will consist of maximum 4 Competitors but not less than 3 in each group. The composition of the contingent is as follows:

Boys	12 nos.
Girls	12 nos.
Coach (Man)	1 no.
Manager (Man)	1 no.
Coach (Woman)	1 no.
Manager (Woman)	1 no.
General Manager	1 no.

TOTAL 29 nos.

If the State participates only in one section i.e. either Men or Women, the post General Manager is not valid. If the number of competitors is 12 or less, the team will be accompanied by only one coach/manager, for each male/female team. Manager/Coaches shall sit in the place provided for them and they should not instruct/obstruct the competitors and/or the officials, during the performance of their team. If they do so, a Judge or the Chief Judge will ask them to leave their place and to go into the spectator's gallery.

8.05 **Table of Age Groups, Apparatus and Competitions**

8.06 TYPES OF COMPETITIONS

Two Competitions will be conducted as given below.

COMPETITION NO.I : TEAM CHAMPIONSHIP : All the competitors will participate in this competition. Team Championship will be decided from the Competition No. I. Selection of the individuals for any higher competition will be made from this competition. This is again divided into two parts i.e. Competition No. IA and IB.

COMPETITION NO. IA : Compulsory Exercises : In this competition all competitors will perform the given compulsory sets. This competition is applicable to those age groups, which have Compulsory sets. Only those who score an average of 50% or more marks in Compulsory sets are qualified to participate in the optional sets, on those Apparatus. (The Technical Committee has the discretion to bring down the 50% limit, if required.) When an apparatus does not have a Compulsory set, then all the Competitors will directly participate in Competition no. IB of that particular apparatus. (E.g. for Boys Above 18 yrs., if a competitor fails to get an average of 50% marks in Pole and Hanging Mallakhamb Compulsory set, then he is not allowed to participate in Competition No. IB of Pole and Hanging Mallakhamb, but there is no Compulsory Set for Rope Mallakhamb, therefore he can participate in Competition IB of Rope Mallakhamb.)

COMPETITION NO. IB : Optional Exercises : Only when an apparatus does not have a Compulsory Set, all the Competitors will directly participate in Competition No. I B, i.e. Optional Exercises. Where there are Compulsory sets, only those who get 50% or more marks in these, are qualified to participate in the optional sets of that apparatus.

Apparatus and Maximum possible Team Total (Comp. No. I)

Age Group	PM		RM		Max.Points TMC
	Comp	Opt	Comp	Opt	
B – U/14	N	Y	N	N	60
Comp. I - 20	30	30	-	-	
B – U/17	Y	Y	N	N	60

Comp. I – 20	30	30	-	-	
B – U/19	Y	Y	N	N	60
Comp. I – 20	30	30	-	-	
G – U/14	N	N	N	Y	30
Comp. I – 10	-	-	-	30	
G – U/17	N	N	N	Y	30
Comp. I – 10	-	-	-	30	
G – U/19	N	N	Y	Y	60
Comp. I – 20	-	-	30	30	

For Team Championship at least 3 teams should participate. Also in a team minimum 3 competitors are essential. If in a team there are only 2 competitors and their total is the same or more than the total of the first 3 complete teams, they will still not be considered for Team Championship.

COMPETITION NO. III : APPARATUS CHAMPIONSHIP : Competition No. III is for deciding the Apparatus Champion on each Apparatus. Best 6 Competitors from Competition No. I on each Apparatus will qualify to participate for Competition No. III. All the Competitors having equal scores at Sr.No.6 will be allowed to participate; but not more than 2 competitors from a team, will be allowed. The qualifying competitors will perform one more Optional set on that particular apparatus. Half marks of Competition No. I and full marks of Competition No.III, will be added to decide the Apparatus Championship. Merit certificates should be awarded to the first six ranks. If three competitors of the same team are eligible and if the scores of the last two competitors are the same, only one Competitor will be selected from them for Competition No. III. For that selection, the base score of Competition No. I on the relevant apparatus will be considered. If the base score is same, then points given by all the judges would be added. The table for Competition No. III is as follows:

Age Gr.	App.	Marks of Comp.I			50% C I	Comp. III	Max. Marks
		C	O	TOTAL			
BOYS							
U/14	PM	10	10	10	10	10	20
U/17	PM	10	10	20	10	10	20
U/19	PM	10	10	20	10	10	20
GIRLS							
U/14	RM	-	10	10	5	10	15
U/17	RM	-	10	10	5	10	15
U/19	RM	10	10	10	10	10	20

Note : If Competition No. III can not be conducted; the Jury of Appeal may declare the result of the Apparatus Championship from the score of Competition No. I.

If Competition No.I remains incomplete, due to unavoidable circumstances, for any age group, then the Jury of Appeal will call a

meeting of Coaches/Managers and will take a decision. The decision of the Jury will be final.

In case, Championships and Selection Trials are combined, selection should be done from Competition No.I only.

Best Mallakhamb Player's Competition :

- a. Boys & Girls: This Competition is conducted after Competition No.III. In this competition, the best 2 competitors from all 4 age groups are selected. They perform one Optional Set on Rope Mallakhamb. The Competitor, securing the highest score out of 10, is declared as the 'Best Mallakhamb Player.' This competition is independent of earlier competitions.

Note: This competition is conducted only during National Championship. If, for some reason, this competition can not be conducted, the Competitor who stands first in the senior group is declared as the 'Best Mallakhamb Player'.

8.07 **TIE :** In case of a tie, the following rules should be applied.

- a. If there is a tie between two competitors for the first position, then both of them are declared to be the winners of the first position and the next competitor is declared as the winner of the third position.
- b. If there is a tie between 3/4/5 competitors for the first position then all of them are declared to be the winners of the first position and next positions declared will be the 4/5/6 respectively. The competitors will be given merit certificates accordingly.
- c. The same rule is followed if there is a tie for the second position.
- d. If there is a tie between 2/3 competitors for the third position, then all of them are declared to be the winner of the third position and next positions declared will be the 5/6 respectively. The competitors will be given Merit Certificates accordingly.
- e. If there is a tie between 4 or more competitors for the third position, then all of them are declared to be the winners of the third position and next merit positions are not declared.

9. METHOD OF JUDGING

9.01 **START OF COMPETITION:** The sequence of performance for the teams will be decided in the Coaches'/Managers' Meeting held before the Competition. The first team has to report to

the Chief Judge and the Captain of the team gives the sequence of the performers in his team, which is noted by the Chief Judge on the prescribed Sheet No.1 as per Appendix 5 and gives them 3 minutes to warm up and to get ready for the performance. The Chief Judge calls the first performer by name, asks him to get ready and the Time Keeper blows the whistle to start. The stopwatch should be started when the performer leaves the ground to touch the apparatus. He blows a warning whistle after completion of 60 seconds and the final

Average Score	The difference of points between average of 2 Middle scores and score given by the Chief Judge should not exceed
9.00 to 10.00	0.10 pt.
8.00 to 9.00	0.20 pts.
7.00 to 8.00	0.30 pts.
6.00 to 7.00	0.40 pts.
5.00 to 6.00	0.50 pts.
Below 5.00	1.00 pt.

90 seconds and should announce the 'time up' irrespective of the position of the performer on the apparatus and stop the stopwatch as soon as the performer touches the floor. The 4 Judges award points to the performer in Score Slips as per Appendix 5 and send it to the Chief Judge through the Slip Bearer. The Chief Judge, after considering the allotments of points and any corrections, will handover the slips to the Scorer and then instruct him to fill in the marks in the Sheet No.1 as per Appendix 5. The duty of the Scorer now starts. He strikes out the minimum and the maximum scores and makes the mean of the two remaining scores. Time Deduction is done, if required and after showing the scores to the Chief Judge the Final Scores are allotted to the performer. These scores are now announced by the Chief Judge and may be shown on the Score Board. The rest of the work i.e. filling of scores in Sheet No.2, 3, 4, 5 as per Appendix 5 and other calculations may be done under the guidance of members of the Technical Committee. The final results, viz. the Team Championship and Apparatus Championship, will be declared only after the approval of the Result Sheet by the Competition Director.

- 9.02 **TOLERANCE IN DIFFERENCE:** The difference of points between average of two middle scores and score given by the Chief Judge should not exceed.

If the difference is beyond the tolerance limit, the Chief Judge has to call the meeting of all the Judges and to bring the difference within the tolerance limit, before the points are written on the Score Sheet.

10. OFFICIALS AND THEIR DUTIES

10.01 COMPETITION DIRECTOR

- a. The Technical Committee will appoint a Competition Director, at least one month before the Competition.
- b. The Competition Director will check all the specifications and conditions of the apparatus and all the accessories, Score Slips, Score Sheets, Stopwatches and Stationery related to competition, before and during the competition, along with a Technical Committee member.
- c. The Competition Director and the Technical Committee Chairman will convene a Judges' Meeting at least half an hour before the competition commences.
- d. The Competition Director will appoint the Judging Panel, in consultation with the Technical Committee Chairman.
- e. The Competition Director along with a Technical Committee member will set the Time Table of the Competition.
- f. The Competition Director along with a Technical Committee member will supervise the functioning of the Judging Panel, and see that the Judges adhere to the Code of Points and the Competition is run as per the scheduled time table.
- g. The Competition Director has the right to interrupt prolonged discussions of the panel of Judges and give the final verdict, to prevent delay in Competitions and may refer unsatisfactory work of the judges to the Technical Committee.
- h. The Competition Director should wear a White Uniform.

10.02 CHIEF JUDGE

- a. Taking into consideration, experience, knowledge and merit, the Competition Director will appoint the 'Chief Judge' on each panel.
- b. For smoother conduction of the Competition, the Chief Judge must fully cooperate with the Competition Director and should follow the directions given by the Competition Director.
- c. The Chief Judge must check all the specifications and conditions of apparatus and accessories, Score Slips, Score Sheets, Stopwatches and other Stationary related to the Competition, before and during the Competition. If there is any problem, he must report it to the Competition Director.
- d. The Chief Judge is fully responsible for the smooth and efficient conduct of the Competition.

- e. The Chief Judge should guide the Judges, Scorer, Time Keeper and Set Writer whenever necessary.
- f. When a Competitor gets ready for the performance, the Chief Judge after alerting the panel, should signal the Competitor to 'START' the performance.
- g. After completion of the performance, before receiving the Score Slips from other Judges, the Chief Judge must prepare his own Score Slip. If it is noticed that the Chief Judge is not preparing his Score Slip, before receiving the Slips from the other Judges, it should be reported to the Competition Director.
- h. After receiving the Score Slips from all the Judges, the Chief Judge should check the scores given by them, by applying appropriate rules and arrive at the Final Score. The Chief Judge should pass the Slips to the Scorer for entering the same on the Score Sheet along with the time taken by the Competitor, the average score, other deduction, if any, and the Final Score.
- i. If the difference of points allotted by the Judges exceeds the tolerance limit, the Chief Judge should call concerned Judges for rectification.
- j. If, even after a prolonged discussion, the difference does not get settled, the Chief Judge should report the matter to the Competition Director.
- k. The Chief Judge should declare the Final Score of the Competitor before the commencement of the next set.
- l. The Chief Judge has the right to issue a warning to any Competitor/Coach/ Judge for gross misconduct or violation of the Code.
- m. After completion of the Competition, the Chief Judge should check the Score Sheet and sign it before handing it over to the Competition Director.
- n. The Chief Judge should not leave his seat, without prior permission of the Competition Director.
- o. The Chief Judge should a White Uniform.

10.03 **JUDGES**

- a. All the Judges should evaluate the Score independently, fill the Judges' Slips, and hand over the Slips to the Chief Judge within 20 seconds.
- b. A Judge should not leave his seat without permission of the Chief Judge. If any Judge leaves his seat, without permission, the Chief Judge has the right to take action against that Judge with the consent of the Competition Director.
- c. The Judge should remain present in the arena till the Competition is over, even if, he may not be actually evaluating the performance.
- d. The Judge should not have any communication with the Scorer, Coach, Competitor, Manager etc. while in the arena.

- e. In case of doubt about the declared Final Score, the Judge may express his objection to the Chief Judge, before the commencement of the next set.
- f. Before signing the Score Sheet, every Judge should check the Score Sheet, with respect to points given by him and the points written in the Score Sheet, Average Score etc. If any discrepancy is noticed, the same should be brought to the notice of the Chief Judge.
- g. If any Judge feels that his rights are violated, he may approach the Competition Director. In no case, is he allowed to protest.
- h. Judges should wear White Uniform.

10.04 **SCORER**

- a. The Scorer should sit on the right side of the Chief Judge.
- b. The Scorer should collect the required stationery, pens, Stop watches, Bell etc., before the commencement of the competition.
- c. The Scorer should observe the sequence of the Teams/ Competitors.
- d. The Scorer should help the Chief Judge by filling up of Scores given by the Judges and the Chief Judge, with accuracy and clarity, in the prescribed format, calculate the Average Score, properly apply the deductions made by the Chief Judge and arrive at the Final Score, according to the rules.
- e. After every team is finished, the Scorer should check the Score Sheet, sign it himself, and take the signatures of all the Judges including the Chief Judge before handing over the same to the Competition Director.
- f. The Scorer should attach all the Score Slips to the respective Score Sheets.
- g. The Scorer should wear a White Uniform.

10.05 **SET WRITER**

- a. It is advised that in every competition, there should be a Set Writer on each panel. In case of an insufficient number of Set Writers, the competition will run without them.
- b. The Set Writer should be a qualified judge at that level.
- c. The Set Writer should sit on the right side of the Scorer.
- d. The Set Writer should make notes on the set including minute details, such as pauses, faults, helps, falls, final body positions etc.
- e. In case of differences of opinion between Judges, the notes of the Set Writer should be held as authentic and final.
- f. The Set Writer can take part in the Judges discussions, if called by the Chief Judge.
- g. The Set Writer should wear a White Uniform.

10.06 **TIME KEEPER**

- a. The Time Keeper should sit on the left side of the Chief Judge.
- b. The Time Keeper should give maximum 3 minutes warming up time to each team, in Competition No. I and maximum 1 minute warming up time to each Individual in Competition No. II and III.
- c. After the signal from the Chief Judge, if the Competitor fails to start his set within 10 seconds, the Time Keeper will inform the Chief Judge.
- d. As soon as the Competitor leaves the ground to touch the apparatus, the time keeper should start the stopwatch and after the dismount as the competitor touches the ground he should stop the stopwatch.
- e. The Time Keeper should standup and give an audible signal at 60 seconds, by a short whistle/bell or orally and at 90 seconds, by a long whistle/bell or orally.
- f. Time signals should be clear and the Competitor and his Coach should be able to hear the signals properly.
- g. If an exercise/set is interrupted by a fall, the Time Keeper should not stop the stop watch up to 90 seconds.
- h. The Time Keeper should inform the Chief Judge as to the time taken by the Competitor for the set.
- i. After every set, the Time Keeper should show the stop watch to the Chief Judge, before resetting the same.
- j. The Time Keeper should wear a White Uniform.

10.07 **SLIP BEARERS**

All the 5 Judges, including the Chief Judge, will sit separately at convenient distance from each other and fulfill their responsibilities without any assistance. The Judges write down the scores on the Score Slips. The Slip Bearers should collect these Slips from the Judges and hand them over to the Chief Judge as quickly as possible. The Slip Bearers should maintain the secrecy of scores during the movement of the Slips. All the Slip Bearers should be in Uniform.

10.08 **COMPETITORS**

A. TECHNICAL REGULATIONS

- a. A Competitor can participate in one age group only.
- b. The Competitor should make himself familiar with the contents of the Code of Points.
- c. The Competitor should wear a proper uniform. If the uniform is not appropriate; the Chief Judge will make deductions.
- d. Cotton or Elastic single anklet and/or kneecap (with out foam padding) are allowed only on Rope Mallakhamb, for which no deductions will be made.
- e. Before the start of the Competitions, only 3 minutes to each Team or 1 minute to each Individual will be given for warming

- up. After this stipulated time period, the Time Keeper will give the signal to stop the Warming Up.
- f. No warming up is allowed in between 2 sets of the Competition. For such warming up, the Chief Judge will make appropriate deductions.
 - g. The Chief Judge will give the starting signal to the Competitor and if the Competitor does not start his/her set within 10 seconds then the Chief Judge will make appropriate deductions from the Average Score.
 - h. The Competitor should not leave the arena without the permission of the Chief Judge.
 - i. The Competitor should behave properly and should not create any obstruction to the Competition.
 - j. The Competitor should not discuss any thing with the Judge about the Points declared.
 - k. In case of misconduct of the Competitor, the Chief Judge will make appropriate deductions on every occasion from the Average Score. The Chief Judge will communicate the same to the Competitor or to his/her Coach. If misconduct is of a repetitive nature, the Chief Judge will inform to the Competition Director to debar the Competitor/Team, from the Competition.
 - l. In case of a fall from the Apparatus, the Competitor may continue his set within 10 seconds. Deduction for the fall will be 0.50 points.
 - m. After the fall, if the competitor fails to continue the set within 10 seconds, then points will be given for the performed set up to the fall. If the Coach enters in the arena and gives First Aid after the fall, no deductions will be made for First Aid.

B. MEDICAL EXAMINATION

A medical certificate stating the Competitors' fitness and that the Competitor does not have any contagious disease, for each Competitor should be produced by the Manager of the Team. If necessary, the Technical committee has the right to check and examine the Competitor, medically and also check the age and sex of the Competitor. The Technical Committee can conduct Dope Test of the Competitor at any time before, during or after the Competition.

C. UNIFORM

- a. For Men, the Competition attire will be only Langot and Jangiya, for Pole and Hanging Mallakhamb. Langot and Shorts with Sando Banian or T-Shirt or Wrestling Costume for Rope Mallakhamb.
- b. For Women, Gym-Suits (Leotards- $\frac{3}{4}$ Sleeves compulsory); with or without slacks or T-shirt and Shorts.

Meeting.

10.09 **COACH**

- a. The Coach must have knowledge of the Code of Points.
- b. The Coach should attend the Coaches'/Managers' Meeting.
- c.. The Coach should not discuss anything about the evaluation with the Judges.
- d. If the Coach violates rules and behaves in an undisciplined manner, then he will be warned at once, by the Chief Judge/Competition Director and on the second such occasion, he can be expelled from the Competition.
- e. If the Coach remains present in the arena, during the performance, 0.20 points will be deducted by the Chief Judge from the Average Points secured by the Competitor.
- f. During the performance, if the Coach signals the Competitor in any form, an appropriate deduction will be made on each occasion, by the Chief Judge, from the Average Score.
- g. The Coach can protest in writing, about the declared Scores, within half an hour along with the prescribed Protest Fees.
- h. The Coach should be in Tracksuit or in Trouser and T-shirt..

10.10 **MANAGER**

- a. The Manager must control his full team and he is responsible for the behavior of his team.
- b. The Manager should keep the Competitors ready for the performance as per the time table.
- c. The Manager should produce Birth Date Certificates, Medical Certificates & Photographs of the Team on demand.
- d. The Manager should know about the facilities given by the organizers.
- e. The Manager should attend the Coaches'/Managers' Meeting.
- f. The Manager can protest in writing, about the declared Score, within half an hour along with the prescribed Protest Fees.

11. **PROTEST**

- a. The Manager/Coach of the Team, has a right to file a protest against the declared Points.
- b. The Protest should be signed by the Manager/Coach.
- c. The Protest should be addressed to the Chairman, Jury of Appeal.
- d. The Protest should be presented within half an hour from the declaration of the Points.
- e. The Protest Fees, as prescribed, should be deposited in cash along with the written protest to the Competition Director.
- f. The Jury of Appeal will give their decision about the Protest, in writing, through the Competition Director.

- g. If the Protest is upheld, the prescribed Protest Fees will be refunded and if not it will be forfeited and a proper receipt will be issued by the appropriate authority.

12. DISCIPLINE

During the Competition, all the participants are expected to respect all the Officials and their judgments. For any kind of indiscipline or misconduct by the Individual or by the Team, the Chief Judge is empowered to deduct appropriate marks from the Average Score. In case of Gross misconduct the Competition Director has the power to disqualify the concerned Individual/Team, on the report of the Chief Judge or the Official.

13. MIGRATION

When a Competitor wants to change the State from which he/she has participated earlier, he/she should follow the Rules of Migration.

13.01 Reasons for Migration

- b. Shifting of Residence.
- c. Starting a new Business or Shifting of Business.
- d. Any other satisfactory reason.

13.02 Rules for Migration

- a. The Competitor should submit an application for Migration to Parent State Association and to the State Association to which he wants to migrate.
- b. Both the State Associations, to whom the Competitor has applied for Migration, should send their remarks to the Federation.
- c. MFI may form a sub committee to take a decision on the Migration, which will submit its report to the Secretary, MFI, within 30 days.
- d. The decision of the Secretary, MFI, will be final.
- e. The formalities for Migration should be completed at least 2 months before the National Championships.
- f. If a Competitor has already participated in the State Championships, of the Parent State, conducted for the selection of team to participate in the ensuing National Championships, he/she will not be eligible to migrate to another State.

14. SOUVENIR AND PRIZES

14.01 The Organizers will give Souvenir, Certificates and/or badges to all Officials and Participants.

14.02 Merit Certificates and Medals to the Winners will be given by MFI.

14.03 If any Institution or Individual wishes to give, Rolling Trophy/ Trophies, they should apply in writing to the MFI and the Executive Committee should give its prior approval. Some amount of money should accompany the Rolling Trophy in such a way that 90% of the annual interest can be given to the Trophy Winners in form of Cash Awards along with the Rolling Trophy. 10% of the annual interest should be utilized

as administrative charges, for maintenance of the Rolling Trophy.

14.04 No prizes should be given on the spot without prior approval of the MFI.

15. EQUIPMENT & ACCESSORIES

Before Competitions, the equipment should be approved by the MFI for which one member should be deputed by the MFI, who should visit the Competition arena well in advance, check the equipment, observe all arrangements and submit the report to the MFI.

Following equipment and accessories are required for any Classified Competition.

- (1) All the 3 types of Mallakhamb i.e. Pole, Hanging and Rope, with specific measurements.
- (2) Mats of 2 mtrs X 1 mtr. And 6 to 10 cms. Thick to be used around the Pole Mallakhamb and below the Hanging and Rope Mallakhamb (at least 60), a Crash Mat, if available, is allowed.
- (3) Castor Oil (3 Ltr)
- (4) Magnesium Carbonate (light) Powder (5 Kg)
- (5) Resin Powder (2 Kg)
- (6) Whistles/Bells (5 Nos.)
- (7) Stop Watches (5 Nos.)
- (8) Score Slips
- (9) Score Sheets
- (10) Score Board
- (11) Stationary viz. Full Scape Papers (1 ream), Pads (30), Pens (30), Pokers (5)
- (12) Furniture viz. Tables (40 nos.), Chairs (100 nos.), & Benches (10 nos.)

SECTION II

1. RULES FOR EVALUATION

- 1.01 A Panel of a Chief Judge and 4 Judges will evaluate each set, independently, for 10.00 points.
- 1.02 After completion of each set, every Judge will prepare the Score Slip within 20 Seconds and handover the same to the Slip Bearer.
- 1.03 The Chief Judge should write down his score first on his slip and then receive the Score Slip from the other Judges.
- 1.04 The highest and the lowest Scores out of the Scores given by the 4 Judges will be deleted and an average of the remaining two Scores will be taken into consideration.

- 1.05 The difference between the Average Points and the points given by the Chief Judge should not exceed the following :

If the difference is beyond the tolerance limit, the Chief Judge must call a meeting of all the Judges to bring the difference within the tolerance limit, before writing the Average Score on the Score Sheet.

- 1.06 From the Average Score, the Chief Judge will make the deduction (e.g. Time, Uniform, Misconduct etc.). The Score after such deductions will be declared as the Final Score.
- 1.07 If the Panel is of 1 Chief Judge and 3 Judges, then the Chief Judge will be considered as the 4th Judge to determine Average Score.
- 1.08 If the Panel is of 1 Chief Judge and 2 Judges, then the Scores of all the 3 will be taken to determine the Average Score.

2. **BASE SCORE**

If the point difference between all the four Judges exceeds the given tolerance limit and the judging panel can not arrive at any conclusion within 2 minutes, then the Chief Judge may go for the Base Score and declare it as the Average Score.

The concept of the Base Score is applicable only when the Panel of Judges is of 5 members. The Base Score means, the Average of, average of 2 middle out of the 4 Judges and points awarded by the Chief Judge.

For example	Chief Judge	J1	J2	J3	J4
Points Awarded	8.30	7.50	7.90	8.30	8.40

Then the Base Score will be

Base Score = (Average of 2 middle Scores of 4 Judges + Chief Judges' Score)/2

$$= (7.90 + 8.30)/2 + 8.30/2$$

$$= (8.10 + 8.30)/2$$

$$= 8.20$$

Expected Average Score	Difference between average and Points of Chief Judge of that Panel
9.00 to 10.00	0.10 Pts.
8.00 to 9.00	0.20 Pts.
7.00 to 8.00	0.30 Pts.
6.00 to 7.00	0.40 Pts.
5.00 to 6.00	0.50 Pts.
Below 5.00	1.00 Pts.

3. **EVALUATION OF COMPULSORY EXERCISES AND ITS DEDUCTIONS**

- 3.01 The MFI has prescribed the Compulsory Set of Exercises for
 1. Boys Under 14 years on Pole Mallakhamb.
 2. Boys Under 17 years on Pole Mallakhamb.
 3. Boys Under 19 years on Pole Mallakhamb.
 6. Girls Under 19 years on Rope Mallakhamb.
- 3.02 Each Compulsory Set has got 10 Exercises and Scores for each Exercise are stipulated as in the pictorial representation attached herewith. Evaluation will be done as per the interpretation of the Exercises according to the written set.
- 3.03 All the Exercises should be performed in the same sequence as given in the text. If the exercise at a particular number in the sequence is missed out and is performed subsequently, it will not be considered as performed. Similarly, if an exercise at a later number is performed earlier, it also will not be considered.
- 3.04 If an unmentioned exercise is executed, the said additional exercise will not be taken into account and deduction of 0.20 points will be done from the subsequent exercise each time.
- 3.05 If any part or exercise is omitted, then the value of the entire part/ exercise will be deducted.
- 3.06 In case of repetition, 0.20 points will be deducted from the subsequent exercise each time.
- 3.07 If the Competitor fails to execute the element in the first attempt and succeeds in the second attempt, 0.20 points will be deducted from the total score and evaluation of that exercise will be done from half of the marks given in the text.
- 3.08 In case of a fall from the apparatus, a standard deduction of 0.50 points will be made from the total points.
- 3.09 If the Coach stands near the apparatus while performing Compulsory Sets, 0.20 points will be deducted.
- 3.10 If the Coach assists the Competitor, for every help, 0.50 points will be deducted and the points given in the text for that exercise/element will not be awarded.
- 3.11 All general deduction will be applied as per the Chapter "Deductions".
- 3.12 The prescribed Compulsory Set should be executed within 90 seconds, if extra time is taken, time deduction will be applied by the Chief Judge from the Average Score as per the Time Deduction chart.
- 3.13 There is no minimum Time Limit for Compulsory Set. No deduction will be made even if the set is completed within 60 seconds.

4. EVALUATION OF OPTIONAL EXERCISES

- 4.01 Time Duration: Each Optional Exercise should take minimum 60 and maximum 90 seconds.
- 4.02 At 60 seconds an audible signal will be given orally or by a short bell/ whistle. Similarly, at 90 seconds again an audible signal will be given orally or by a long bell/whistle.

- 4.03 If the Optional Set takes less than 60 seconds or more than 90 seconds, deductions will be made only by the Chief Judge, from the Average Score, as per the following table.

Time Taken	Deductions
Up to 2 seconds	0.10 pts.
Up to 5 seconds	0.20 pts.
Up to 9 seconds	0.30 pts.
10 seconds & more	0.50 pts.

If an element is being performed at the 90 seconds' signal, even if, it only gets completed after 90 seconds will be considered for evaluation with appropriate Time Deduction. However, the Judges will not be considered the element, started after 90 seconds' signal, but Time Deduction will be applied.

5. REPETITION

- 5.01 If mounts and dismounts of compulsory sets are executed in the Optional Sets, the same will not be considered for evaluation at all.
- 5.02 If repetition of an element is done more than twice, 0.20 points will be deducted for every repetition.
- 5.03 Due to mistakes or loss of balance, while performing an element, if the Competitor falls from the apparatus, the said element will not be considered as performed. If the element is performed successfully in the second attempt, it will not be considered as repetition and appropriate scores will be awarded to the element. In such an event, deduction will not be made for repetition but will be made for an unsuccessful attempt.

6. ASSISTANC/HELP

- 6.01 It is expected that the Competitor should execute the exercises without anybody's help.
- 6.02 As a precaution, for the safety of the Competitor, as well as, for moral and mental support, if the Coach remains present near the apparatus, 0.20 points will be deducted from the Average Score.
- 6.03 If the Coach, physically help the Competitor, up to 0.50 points will be deducted for each help, depending upon the gravity of the help.
- 6.04 Any element executed with the complete help of the Coach, will not be considered for evaluation at all.
- 6.05 Not more than one Coach is allowed in the arena at any given time.
- 6.06 If the structure of the Rope/Hanging Mallakhamb is not sturdy, the structure may be supported, with the permission of the Chief Judge, for which, no deductions will be made.
- 6.07 On Rope/Hanging Mallakhamb, in case of swing, if the Coach touches the apparatus or the Competitor, to stop the swing, 0.30 points will be deducted for each touch.
- 6.08 The Coach is merely allowed to stand near the apparatus for specially marked "C" class elements.

7 DISTRIBUTION OF 10 POINTS (OPTIONAL SETS')

10 points in the Optional set are divided as follows :

Difficulty 3.40 points

Combination	1.60 points
Execution	5.00 points

Total 10.00 points

Difficulty consists of A, B and C class exercises whose values are 0.20, 0.40 and 0.60 respectively.

7.01 **DIFFICULTY** (3.40 Points)

All the elements executed on each Apparatus, are classified into three parts as A, B & C class.

A : Easy and Simple exercises 0.20 points each.

B : Medium exercises 0.40 points each.

C : Difficult exercises 0.60 points each.

For securing 3.40 points of Difficulty, following are the requirements of various difficulties in one set :

Comp.No.	A exercise	B exercises	C exercises	Total
I	$0.20 \times 4 = 0.80$	$0.40 \times 5 = 2.00$	$0.60 \times 1 = 0.60$	3.40
II & III	$0.20 \times 1 = 0.20$	$0.40 \times 5 = 2.00$	$0.60 \times 2 = 1.20$	3.40

Specifically for Rope Mallakhamb:

- b. One Adhi/Hold, executed is to be considered as only one difficulty.
- c. One Strength/Flexibility hold part exhibited is to be considered as only one difficulty.
- d. All Hold positions should be held for 2 seconds. In case the hold is less than that, it will be treated as an incomplete element and in case of a hold more than that, it will be considered as a pause.

7.02 **COMBINATION** (1.60 Points)

For the balanced and neat structure of the Set, care should be taken about the following requirements:

5. Full Length of the Apparatus should be used.
6. Elements should be performed both, from the right and left sides.
7. Both, forward and backward bending elements should be performed.
8. All types of elements viz. speedy, acrobatic, catches, hold parts etc. should be performed.

Apparatus wise special combination requirements and points are as follows:

a. **POLE MALLAKHAMB**

10. All parts of the Pole should be properly utilized
0.10
11. One Acrobatic element of 'B' part should be executed
0.20 from both sides

12. Continuous 3 Acrobatic elements of which at least 0.20 1 should be 'B' part
13. At least one Vertical Hold part 0.20
14. At least one Horizontal Hold part 0.20
15. One Hold position demonstrating flexibility of 0.20 back bone
16. At least one Press Element 0.20
17. At least two transitions from one hold position to 0.20 another Hold position
18. Minimum 16 elements in one Set 0.10

b. **ROPE MALLAKHAMB**

1. At least once the Rope should be held in legs at 0.20 4 Meters height
2. At least 2 hold parts showing Forward and Backward 0.20 flexibility
3. One Vertical and one Horizontal Hold part 0.20
4. At least 'B' part Mount 0.20
5. 'C' part Dismount 0.20
6. At least one Strength part 0.20
7. Minimum 18 elements in one Set 0.20
8. Smooth and Homogeneous Combination 0.20

If the Competitor fulfills the above special requirements, complete 1.60 points of the Combination can be awarded.

7.03 **EXECUTION** (5.00 Points)

Execution includes

2. Technique
3. Maximum range of Movements (Amplitude)
4. Proper Posture
5. Controlled Body Movements
6. Exactness of Phases during Turning Movements
7. Height and Flight/Amplitude of the Catches
8. Proper Position and proper direction after 'Zaap'
9. Dismount with steady and perfect landing
10. Preciseness in whole performance
11. Speed of the Set
12. Minimum extra touches/unnecessary movements, in transitions.

8. **DEDUCTIONS**

All Judges should make deductions, from Execution as below:

B. MINOR DEDUCTIONS

1. Improper Body Posture
0.10
2. Not stretched palms and legs
0.10
3. Bending the palms/elbows/knees
0.10
4. Unnecessary separation of hands and legs
0.10
5. Wrong positioning of head, hands and legs
0.10
6. Improper final position
0.10
7. Unessential pause for more than 2 Seconds
0.10
8. Unnecessary touches to the Apparatus
0.10
9. Low height and flight at mounts and dismounts
0.10
10. Technically improper turning movements
0.10
11. Low Amplitude
0.10
12. Slight touch of hands or legs to the ground/mats
0.20
13. Extra swing where not required
0.20
14. Improper/Slipped Catches up to
0.20
15. Too low height and flight at mount and dismounts up to
0.20
16. Tuck, pike or hollow, where not required up to
0.20
17. Unnecessary break in the continuity of elements up to
0.20

B. MAJOR DEDUCTIONS

1. Loosing the balance on the apparatus itself up to
0.50
2. Physically help by the Coach up to
0.50
3. Fall on the Ground up to
0.50

C. DEDUCTIONS TO BE DONE BY CHIEF JUDGE

The Chief Judge will make deductions, from the Average Score of the Judges. Deductions by the Chief Judge will be shown in the deductions column of the Score Sheet.

- a. For not reporting to the Chief Judge before or after the Set
0.10

- b. For not maintaining the Sequence
0.20
- c. For exceeding the warm up period
0.20
- d. For warming up between 2 sets without permission
0.20
- e. For late start
0.20
- f. For improper attire
0.20
- g. If the Team is not in Uniform (Deduction from Team Total)
0.50
- h. Time Deduction: As per the prescribed Table
- i. For misbehavior of the Competitor
1.00
- j. For gross misconduct debarring the Individual or Team
(As the case may be)

9. QUALIFIED/LICENSED JUDGE

MFI conducts an examination for qualified/licensed Judges, once in a year along with the National Mallakhamb Championships, under the following rules.

- a. On the recommendation of the State Association only, candidates can appear for the examination after depositing the appropriate examination fees with an application to the MFI.
- b. Technical Committee will decide the Examination Fees.
- c. The examinee should pass in the theory and viva voce separately. Minimum passing points are 60%.
- d. License:
 1. Grade III: After passing the examination the candidate will get the license of Grade III for a period of 3 years.
 2. Grade II: To achieve the license of Grade II, a license holder of Grade III should appear in the viva voce examination arranged for them but only those license holders of Grade III who have already got an experience of judging of at least 2 National level tournaments, will be eligible for this viva voce examination. Validity of this license is 3 years.
 3. Grade I: For achieving this Grade of license, the license holder of Grade II should appear in the viva voce examination after doing the work of a Judge in at least 2 National level tournaments as a license holder of Grade II. Validity of this license is 3 years.
 4. If any license holder of a Grade wants to maintain his preset grade, he should appear in the viva voce examination arranged for them before the date of expiry

of the license, i.e. 3 years, but he should have an experience of judging of at least 2 National level tournaments.

5. The Technical Committee will decide the examination fee for maintaining and increasing the Grade of License.
6. The Upper age limit of a qualified Judge is 50 years.
7. Successful candidates will get a license with an Identity Card in which his personal details, Grade etc. will be mentioned.

DIFFICULTY (Classification of the elements)

POLE MALLAKHAMB

I. MOUNTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
Sadhi Udi & its variations, Nakikas, Ghoda - One leg takeoff, Khanda Mount, Bagali Tedhi	Side Back Salto Catch, Kasav Adhi, Ghoda – both leg takeoff, Khalachi Khanda – Free, Jump to Bajrang Hold (Head Ht.), Clear Arm Pit Mount	Back Salto – Backward, Forehead Mount (Straight Hands & Body), Front Catch, Jump to Gurupakkad Hold (Head Ht.), Kasav Pakkad ½ turn Tedhi

II. HOLD PARTS

Bajarang, Hanuman Dhawj, Bandar Pakad, Guru Pakad, Tedhi Natarajasan (With outer hand), Paschimottanasan, Padhastasan, Akarnadhanurasan, Mayurasan, Naukasan, Koormasan, Bagali Pharara, Hatacha Pharara, Ghoda Balance	Clear Armpit Support (T Balance), One leg Gurupakkad, Straddle L, Ekpadshirasan, Kukkutasan, Tedhi Natarajasan with innerhand, Hanuman asan, Hastapadangusthasan, Veerbhadrasan, One hand Mayurasan, Back Balance, Abdominal Balance, Bagali Plank, Hatacha Pharara Horizontal, Half Arm Balance, Vrischikasan from Bagali/Hatacha Pharara, Payacha	One hand Straddle L, Chakorasan, Natarajasan–Hand leg hold, Standing Natarajasan, Durvasasan, Standing Split – Y lever, Kandapeedasan, One hand Bagali Plank Full Arm Balance, Vrischikasan from Short Arm Balance, Vrischikasan form Full Arm Balance, Hand Stand Plank
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	Pharara (Toe Balance), Back fish, Shoulder Plank	
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III. ACROBATIC ELEMENTS

Dasarang from Both Side, Tedhi Vel, Hand/Leg Phirki, Tabakfad, Gurupakad Phirki, Suidora One Leg, Angsafa	One Hand Dasarang from both Side, One Hand Tedhi Vel, Machhali Ghana, Angsafa twist to adhi, Tabakfad Dasarang, Shidi (Min. 4 steps), Both Leg Suidora, Khandi Suidora/ Dasarang (2), Bagali Pharara to Back Balance, Short Arm to One Hand Mayurasan & Vice Versa, Shoulder Plank to Abdominal balance & Vice Versa, Bagali to Ghoda Balance, Bent leg to Hand Press to Hand Stand	Free Dasarang, Teli Ghana 1/1 turn to adhi, One Hand Tabakfad dasarang, One hand Straddle L to Short Arm Balance & Vice Versa, Straddle L to Handstand & Vice Versa, Hatacha Pharara to Short Arm Balance, Short Arm Balance - Veerbhadrasan
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IV. CATCHES

Phirki Catch, Hand Hold Catch, Sitting Catch	Bajrang Catch, Gurupakad Catch, Adhi to Bajrang, Adhi to Bandar Bandar Catch, Bandar to Shoulder Plank, Short Arm Catch, Mayurasan Catch, Squat/ Sliding Catch, Abdominal Balance Catch, Short Arm Tedhi, Hanuman Dhvaj Catch	HandStand Catch, One Hand Mayurasan Catch, Khadi Zap, 1/2 turn Khadi Zap, One Hand Mayurasan Tedhi, Chakorasan Catch, Bajrang to Bajrang, Veerbhadrasan to 1/2, 1/1 turn Khadi Zap, Hanuman Dhvaj reverse Catch
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V. DISMOUNTS

Binhati Udi, Mayurpakhi Throw, Bandari Udi, Hatacha Pharara Cut, Mayurasan Cut	Binhati udi 1/2 turn, Mayurpankhi 1/2 turn, Bandari 1/2 turn, Short Arm Cut, One Hand Mayurasan Cut, Abdominal Balance Cut	Binhati 1/1 turn/ Gainer Back, Mayurpanki 1/1 turn, Bandari to Gainer Back, Bajrang - Front Salto, Back Salto, Gainer Back, Hanuman Dhvaj Back, Front Salto, Gainer Front, Mayurasan Front, Handstand Push Back/ Mayurasan Back Salto
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ROPE MALLAKHAMB

I. MOUNTS

'A' Class Elements	'B' Class Elements	'C' Class Elements
Simple Climb, Jump & Catch	Free Climb-Min.4 Steps, Shidi Min.4 Steps, Vel Climb-One hand Support, Jump to 1/2	Front Salto Catch, 1/1 Turn Catch

	Turn Straddle L	
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II. HOLD PARTS

Sadhi Udi, Shirshasan, Lower Cross, Upper Cross, Paschimottanasan, Padhastasan, Straddle L	Nishani, Dwipadshirasan, Natarajasan, Y-Lever, Front Lever, Padmasan, Ekpadshirasan, Bajrang, Wadi, Rikeb, Suptatrivikramasan, Gurupakkad, Waghul Udi, Side Plank, Shavasan, Nidrasan, Shayanasan, Dhanur-san, Front Balance	Galphas, Needle Scale, Back Fish, Hand Hold Balance
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III. ACROBATIC ELEMENTS

Vel - Clear	Shidi Min.4 Steps, Dislocations/Inlocations Angasafa - Straight Legs	Grand Circle
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IV. CATCHES

Paschimottanasan to Sadhi Udi, Upper Cross to Sadhi Udi, Side Plank to Straddle	Sadhi Udi to Lower Cross, Lower Cross to Sadhi Udi, Upper Cross to Bajrang, Padhastasan Wadi, Side Plank drop to L,	Upper Cross to Lower Cross, Lower Cross to Bajrang, Lower Cross to Wadi/Rikeb, Sadhi Udi to Bajrang/Rikeb, Wadi to Bajrang/Turn Bajrang Wadi to Rikeb, Sadhi Udi to Wadi, Bajrang to Wadi, Clear free turn to Rikeb, Nidrsan to Rikeb/Wadi/Bajrang, Angasafa to Cut Catch, Gurupakkad Cut Catch,
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V. DISMOUNTS

Mayurpankhi, Sadhi Udi to Dismount	Mayurpankhi ½ Turn, Gurupakkad Dismount	Mayurpankhi 1/1 Turn, Lower Cross Back Salto, Back Salto, Straddle Back, 1 Leg/Both Leg Rickeb Back, Bajrang Back, Bajrang ½ Turn Front Salto
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Height	Senior Group	Sub-Junior Group
Above the Ground	2600 to 2800	2400 to 2600
Under the Ground	800 to 900	700 to 800
Neck	180 to 200	180 to 200
Top	70	60
Total Length	3400 to 3700	3100 to 3400
Circumference		
Bottom	530 to 550	480 to 500
Below the Neck	300 to 350	300 to 350
Neck	180 to 200	180 to 200
Top	350	300

Appendix 1
Dimensions of Pole Mallakhamb
(All Dimensions are in mm)

Rope Mallakhamb
(All Dimensions are in mm)

	Senior Group	Sub-Junior Group
Length	5000 to 5500	5000 to 5500
Thickness	18 to 20	12 to 13
Height of the Structure	5800 to 6000	5800 to 6000

COMPULSORY SET

BOYS UNDER 14 YEARS MALLAKHAMB		POLE
1.	NAKIKAS MOUNT (Fingers must remain interlocked till the Pole is gripped by the thighs)	1.30
2.	DASRANG (From both the sides)	0.50
3.	NAGMODI VEL	0.50
4.	BAJARANG PAKKAD	1.00
5.	BAJARANG ZAP	1.50
6.	BAGALI PHARARA (Straight Legs – Bend Body)	1.00
7.	SADHI UDI	0.20
8.	VEERBHADRASAN	2.00
9.	BAITHI ZAP	1.50
10.	BINHATI UDI	0.50
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	TOTAL	10.00

COMPULSORY SET

GIRLS UNDER 19 YEARS MALLAKHAMB		ROPE
1.	JUMP TO STRADDLE 'L' HOLD	1.00
2.	VEL CLIMB 4 TIMES	1.00
3.	RIKEB & NATARAJASAN	0.80
4.	SHAVASAN	1.00

5.	VRISCHIKASAN	0.50
6.	SIMPLE JUMP TO LOWER CROSS TO SIMPLE JUMP	1.00
7.	PADMASAN	1.20
8.	PADHASTASAN ZAP BAJRANG	1.50
9.	GURUPAKKAD & PHARARA	1.00
10.	MAYURPANKHI ½ TURN DISMOUNT	1.00

----	TOTAL	10.00

COMPULSORY SET

BOYS UNDER 17 YEARS MALLAKHAMB		POLE
1.	KHANDA UDI MOUNT (Few running steps are allowed)	0.50
2.	NAGMODI VEL (From both the sides)	1.00
3.	AKARNA DHANURASAN (Straight leg parallel to ground, Upper body Parallel to Pole, bend leg stretched towards ear)	0.50
4.	BAGALI PHARARA	1.00
5.	HATACHI PHIRKI	0.50
6.	BAJRANG ZAP	1.50
7.	ABDOMINAL BALANCE	1.00
8.	EKPADSHIRASAN	1.50
9.	BAITHI ZAP	1.50
10.	KHANDI FEK (Support of either shoulder must be taken)	1.00

----	TOTAL	10.00

COMPULSORY SET

BOYS UNDER 19 YEARS MALLAKHAMB		POLE
1.	FREE GHODA MOUNT (Few running steps are allowed)	1.50
2.	DASRANG	0.50

(From both the sides)

3. ONE LEG SUIDORA WITH BOTH THE 1.50

SIDES & PASCHIMOTTANASAN ZAP

4. BAJARANG ZAP 1.50

5. NAGMODI VEL 1.00

(From both the sides)

6. ONE HAND MAYURASAN 1.00

7. SHORT ARM BALANCE 0.50

(With straight body)

8. MACHHALI GHANA 1.50

9. BANDAR PAKAD VAULT 1.00

TOTAL 10.00