

WED - FRI  
15-17  
FEBRUARY

SIDDHPUR DENTAL  
COLLEGE &  
HOSPITAL PRESENTS  
INSOMNIA

*come lets have  
fun together*

**ORAGANIZERS**

SIDDHPUR DENTAL COLLEGE  
AND HOSPITAL, DETHALI,  
GUJARAT, INDIA.

To,  
The Dean,  
All the colleges.

Subject: invitation in interdental college sports event The  
INSOMNIA 2023

Dear madam/ sir,

Greetings from SIDDHPUR DENTAL COLLEGE AND  
HOSPITAL, GUJARAT, INDIA!

It is a matter of great pleasure for us to inform you that the  
Siddhpur dental college and hospital has completed its 10 years  
in academic and health welfare sector and on this auspicious  
occasion our college is meaning to organise an interdental sports  
event to celebrate this occasion.

The festival will commence on February 15, 2023 and will  
conclude on February 17, 2023.

While cordially inviting you to be a part of the interdental  
insomnia , 2023, we Sincerely look forward for active  
participation of your students in the various programmes to be  
organized during the festival and also to make the festival a  
grand success.

With warm regards,

Organizing committee,

SIDDHPUR DENTAL COLLEGE AND HOSPITAL



20  
23

EVENTS

LIST OF  
1511

OPENING  
CEREMONY

CRICKET

3 matches

VOLLEYBALL

4 matches

INDOOR GAMES

DAY 1

20  
23

EVENTS

LIST OF

CRICKET

01

1 MATCH , 2 SEMIFINALS

VOLLEYBALL

02

3 MATCHES, 2 SEMIFINALS

POSTER MAKING

03

OTHER INDOOR

04

GAMES

DAY 2

20  
23

EVENTS

LIST OF

01

CRICKET FINALS

02

VOLLEYBALL  
FINALS

03

OTHER INDOOR  
GAMES FINALS

04

PRIZE DISTRIBUTION  
CEREMONY

DAY 3

EN  
TR  
Y

—

*Cricket-2000 /-*

*Volleyball - 1000/-*

*Football - 1000/-*

—

FEEES

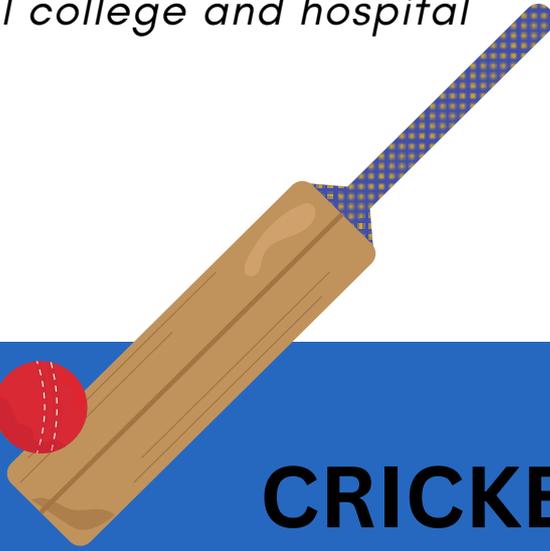
# EVENTS AT GLANCE

*Siddhpur dental college and hospital*



O  
U  
T  
D  
O  
O  
R

01



CRICKET

02

VOLLEYBALL



03

FOOTBALL



# INDOOR ACTIVITIES



**01**

**Badminton  
(only for girls)**

**4 Singles  
2 Doubles**

**02**

**Chess**

**4 Entries**

**03**

**Carrom**

**4 singles boys  
2 Doubles  
4 Singles girls**

**04**

**Table tennis**

**4 Singles boys  
2 Doubles  
4 Single girls**

**05**

**Poster making**

**1 Team/ College  
4 People/team**

**06**

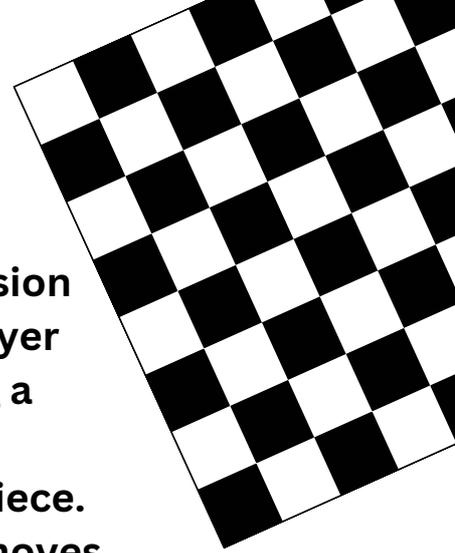
**Rangolii**

**1 Team/College  
5 People/Team**

# RULES

## Chess

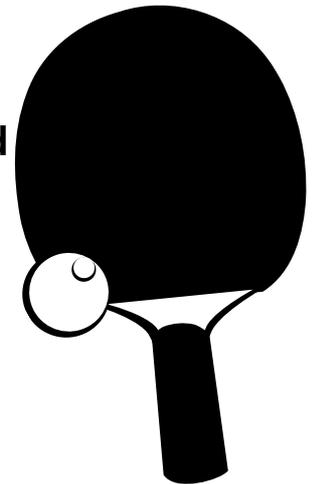
1. Referee's decision will be the final decision
2. Time: 10 minutes are given to each player
3. Touch and move rule: After touching a particular piece on chess board, he/she must only move with that piece.
4. Illegal move: After committing 3 illegal moves he/she will lose the game.
5. Castling is allowed: Castling is a move in chess, when castling, you simultaneously move your king and one of your rooks. The king moves 2 squares towards the rook and that rook moves to the square on the other side of the king.
6. In case if either player consumes his/her whole 10 minutes first he/she loses the game.
7. King can be moved any time even without check.



## Table Tennis

### Rules for table tennis Singles-

1. 11 points game
2. 3-sets, best of 3 is considered
3. For semifinals and finals best of 5 is considered
4. Table touch allowed
5. Moving table not allowed/foul
6. Service change after two continues serve
7. 1 net service allow, more than 1 foul
8. Ball toss must for service
9. Mixed double—cross service

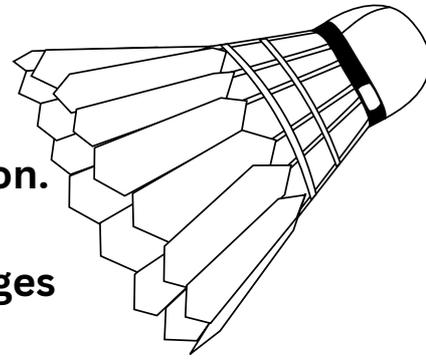
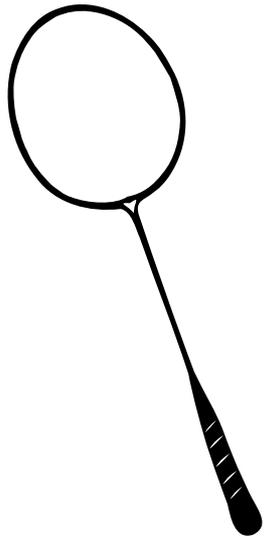


### Rules for table tennis doubles—

1. Cross service
2. 11 points game
3. 3 sets, best of 3 is considered
4. For semifinals and finals best of 5 is considered
5. Service change after two continues serve
6. Alternate returns
7. Ball toss must for service



# Badminton



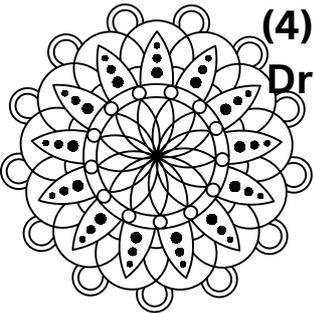
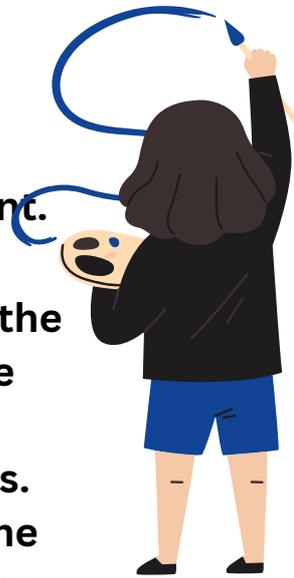
Referee's decision will be the final decision.

Scoring system

- Elimination round till final in group stages consist of 11 points
- Every time there is a serve there is a point scored
- Quarter Finals and Semi Finals are of 15 points, the player changes the end when the leading score reaches 7 points
- Final match has 21 points, the player changes the end when the leading score reaches 11 points.

# Poster making

- (1) Each Institute will be represented by one participant.
- (2) Item will be conducted on the spot and the participants will be requested to do poster making on the subject / topic / theme given by the In-charge of the competition.
- (3) Duration will not be more than 2 hours 30 minutes.
- (4) Participants shall bring their own material. Only the Drawing paper/ Sheet 22" x 15" will be provided by the organizers.



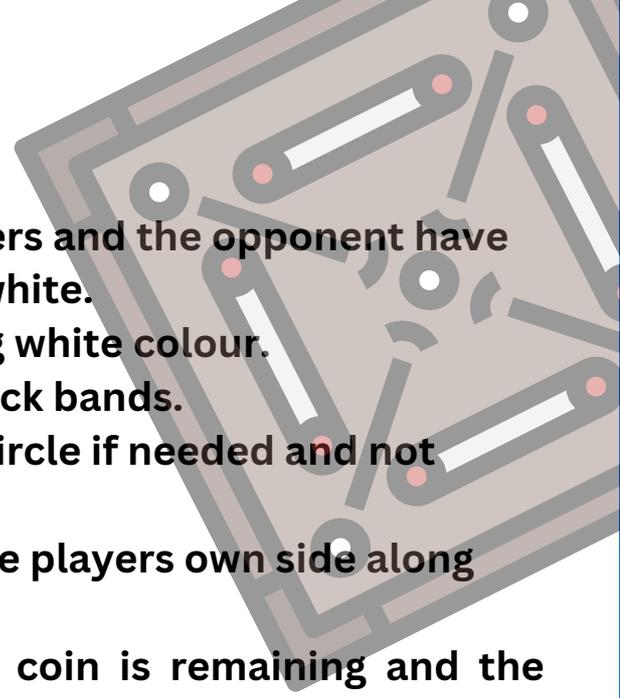
# Rangoli

Each institute will be represented by one participant.

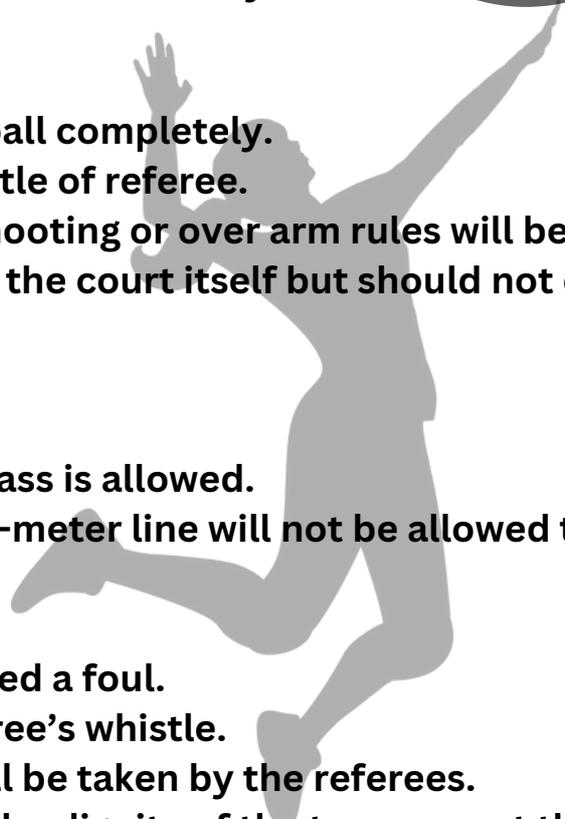
- Duration will be not more than 2 hours 30 minutes. Participants shall bring their own materials. This art is known differently in various regions such as mandana, alpana, alekham, Kolam, rangoli, etc. for this the medium and form of expression can be freehand, pictorial and descriptive.
- Only one medium shall be used – poster colour or flower petals or saw dust or pulses or rice without pasting
- The participants shall have to prepare a rangoli within the space provided by the organizers.

# Carrom

1. It is a 10 minutes game.
2. Own strikers are not allowed.
3. Toss will be done by referee. Both players and the opponent have to choose their colour, either black or white.
4. The game will begin with the one having white colour.
5. The striker should be within the two black bands.
6. The striker can cover half of the black circle if needed and not more than that.
7. The striker should not strike towards the players own side along the vertical axis.
8. If the player and the opponent's one coin is remaining and the queen is also remaining then they have to get the queen first.
9. The thumb should not touch the striker.
10. If you score the striker, then you have to put one coin on the carom board. If there is already a coin in the centre, then you have to place the coin adjacent (should touch) to the coin in the centre of the first circle.
11. If the coin is on the curved arrow of your own side, you cannot strike that coin.
12. While striking if the adjacent coin is moved without touching your own coin, it is considered a foul.
13. Penalty is one coin for each foul.
14. If you want to move the opponent's coin, the striker should touch the board's boundaries first then opponent's coin, or queen first or after opponent's coin, or your own coin first or after opponent's coin.
15. If you pocket opponent's coin with the striker then without penalty turn will be opponent's. But if you pocket on your coin with the striker the penalty will be yours and your own turn
16. If you pocket the final piece before the queen is covered, in this case accept your own pocket piece all your own pieces are returned to the centre.
17. If you directly strike the opponent's coin and your coin is not moved then it is considered foul
18. If piece come to rest standing on their edge or overlapping another piece, they are left as they are until moved again in normal course of play
19. If the striker comes to rest under another piece, the striker should be moved with as little disturbance to covering piece as possible.



# Volleyball



1. Per team: - 6 playing and 1 substitutes player
2. On line rule: - not considered foul
3. In service, the player can cross the service line only after bowl has crossed the net or else foul will
4. be given.
5. During serves, player should toss the ball completely.
6. Service should be done only after whistle of referee.
7. Under arm rules will be followed, no shooting or over arm rules will be allowed Over arm passing is allowed in the court itself but should not cross the net or else considered will
8. be a foul.
9. Net touch will be a foul.
10. In each service one-time leg or head pass is allowed.
11. 3-meter line rule: - player behind the 3-meter line will not be allowed to jump from the front of
12. the line. (Except-Libro)
13. Touching the antenna will be considered a foul.
14. Game will start and stop with the referee's whistle.
15. In any condition of issues, decision will be taken by the referees.
16. In any misconduct or not maintaining the dignity of the tournament the management has the
17. right to disqualify the team from the tournament.
18. After the dead ball, if there is line Cut it will not be considered as foul.

# Football



**- Time (15-5-15)**

**- Referee's decision will be final**

**- Add on time will be decided by referee**

**- Every team must be wearing proper football kit**

**- shoes compulsory (studs optional)**

**- Rolling Substitution Allowed.**

**- If the match results as draw, penalty will decide the winner.**

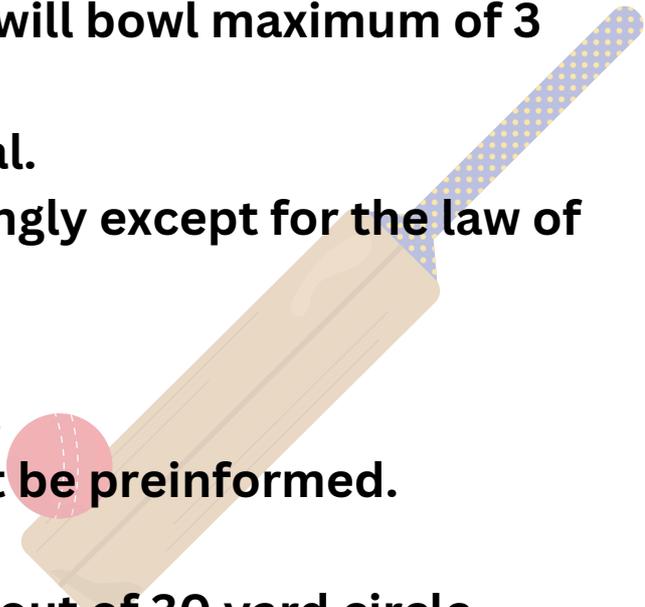
**- All teams should maintain discipline in the ground.**

**- Other additional rules will be announced by the Referee in game.**



# Cricket

1. **Players who has played in one team is not allowed to play in another team.**
2. **All players must submit ID cards before starting of the match.**
3. **Tournament will be of knockout type**
4. **Knockout match will be of twelve in which 2 bowlers will bowl three overs the remaining 3 bowlers will bowl maximum 2 overs ( 5 bowlers complusory).**
5. **Semifinals will be of 14 overs in which 4 bowlers will bowl maximum of 3 overs and the remaining 1 bowler will bowl maximum of 2 overs ( 5 bowlers compulsory).**
6. **Final will be of 16 overs in which 1 bowler will bowl maximum of 4 overs and the remaining 4 bowlers will bowl maximum of 3 overs ( 5 bowlers compulsory.**
7. **On field umpire's decision will be final.**
8. **An ICC rules will be followed accordingly except for the law of LBW.**
9. **Chucking not allowed.**
10. **One bouncer only allowed in an over.**
11. **If WK wants to bowl, the umpire must be preinformed.**
12. **POWERPLAY RULES :**
13. **Maximum of 2 fielder will be allowed out of 30 yard circle.**
14. **After powerplay, maximum of 5 fielders will be allowed out of 30 yard circle.**
15. **FOR 12 OVERS : 3 OVERS**
16. **FOR 14 OVERS : 4 OVERS**
17. **FOR 16 OVERS : 5 OVERS**



**Thank  
you!**

**For any queries :  
Please contact  
KARAN RAMANUJ  
8200170087**

**VARUN GOSWAMI  
9638564058**