

कार्यालय आयुक्त/पदेन सचिव
छत्तीसगढ़ राज्य स्तरीय आदिम जाति कल्याण, आवासीय एवं आश्रम शैक्षणिक संस्थान समिति
 (भारत सरकार, जनजातीय कार्य मंत्रालय द्वारा प्रवर्तित एवं छत्तीसगढ़ शासन द्वारा संचालित)

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क्रमांक / EMRS/G-16-IV / 2025-26 / 7022

रायपुर, दिनांक 04/09/2025

—:: स्वीकृति आदेश ::—

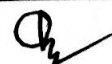
भारत सरकार, जनजातीय कार्य मंत्रालय, NESTS नई दिल्ली के पत्र क्रमांक F.No./NESTS/Sports/161/2021-22/1718, दिनांक 16.07.2025 द्वारा शिक्षण सत्र 2025-26 में एकलव्य आदर्श आवासीय विद्यालयों की राष्ट्रीय क्रीड़ा प्रतियोगिता 2025 का आयोजन की आवश्यक तैयारियों हेतु विस्तृत दिशा-निर्देश जारी किये गये हैं। उक्त निर्देश के सेक्शन-I के सरल क्रमांक 05 में प्रदेश स्तर से चयनित प्रतिभागियों के जर्सी के लिये Indigo with Pink कलर आवंटित किया गया है।

एकलव्य आदर्श आवासीय विद्यालयों की राज्य स्तरीय क्रीड़ा प्रतियोगिता 2025 से राष्ट्रीय क्रीड़ा प्रतियोगिता 2025 हेतु चयनित प्रतिभागियों एवं एस्काट के रूप में व्यायाम शिक्षकों हेतु प्रदेश स्तर से 469 प्रतिभागी एवं 51 एस्काट शिक्षक इस प्रकार कुल लगभग 520 सदस्यीय दल राष्ट्रीय क्रीड़ा प्रतियोगिता 2025 हेतु भेजा जाना है।

राष्ट्रीय क्रीड़ा प्रतियोगिता के लिये चयनित विद्यार्थियों एवं एस्काट शिक्षकों को ट्रैक सूट इत्यादि Indigo with Pink कलर में प्रदाय किये जाने हेतु प्रति प्रतिभागी 3500/- के मान से वित्तीय वर्ष 2025-26 में भारत सरकार, जनजातीय कार्य मंत्रालय, NESTS द्वारा प्राप्त राशि से "राज्य प्रशासनिक सोसायटी का व्यय" मदांतर्गत नीचे वर्णित तालिका में एकलव्य आदर्श आवासीय विद्यालयों के समक्ष कॉलम नं. 08 में उल्लेखित कुल राशि रुपये 18,20,000/- (शब्दों में राशि रुपये अठ्ठारह लाख बीस हजार मात्र) PFMS के माध्यम से संबंधित विद्यालयों को निम्नानुसार आवंटित किये जाने की स्वीकृति प्रदान की जाती है :-

(राशि रूपयों में)

क्रं.	जिला	विकासखंड	विद्यालय का नाम	प्रतिभागियों की कुल संख्या	एस्काट शिक्षकों की कुल संख्या	प्रतिभागियों / एस्काट शिक्षकों की कुल संख्या	स्वीकृत राशि
1	2	3	4	5	6	7	8
1	जगदलपुर	बकावण्ड	EMRS करपावण्ड	4	1	5	17500
2		बस्तर	EMRS बेसोली	2	0	2	7000
3		तोकापाल	EMRS मेटावाड़ा	2	0	2	7000
4		लोहांडीगुड़ा	EMRS गधियों	4	1	5	17500
5		बास्तानार	EMRS कोडेनार	10	1	11	38500
6		दरभा	EMRS छिंदवाड़ा	6	1	7	24500
7	कांकेर	अंतागढ़	EMRS लाम्कन्हार	16	1	17	59500
8		कांकेर	EMRS अंजनी	5	0	5	17500
9		भानुप्रतापपुर	EMRS फरासकोट	6	2	8	28000
10	दंतेवाड़ा	दंतेवाड़ा	EMRS दंतेवाड़ा	8	1	9	31500
11		गीदम	EMRS हड़म	1	0	1	3500
12	बीजापुर	भैरमगढ़	EMRS भैरमगढ़	1	0	1	3500
13		बीजापुर	EMRS बीजापुर	14	1	15	52500
14		उसूर	EMRS दुर्गागुड़ा	4	1	5	17500
15		भोपालपट्टनम	EMRS रुद्राराम	8	1	9	31500
16	नारायणपुर	नारायणपुर	EMRS छेरीबेड़ा	16	1	17	59500
17		ओरछा	EMRS छोटेडोंगर	10	1	11	38500



क्रं.	जिला	विकासखंड	विद्यालय का नाम	प्रतिभागियों की कुल संख्या	एस्कार्ट शिक्षकों की कुल संख्या	प्रतिभागियों / एस्कार्ट शिक्षकों की कुल संख्या	स्वीकृत राशि
1	2	3	4	5	6	7	8
18	सुकमा	सुकमा	EMRS सुकमा	1	1	2	7000
19		कोटा	EMRS एराबोर	3	0	3	10500
20		छिंदगढ़	EMRS बलातीकरा	4	1	5	17500
21	कोण्डागांव	कोण्डागांव	EMRS गोलावंड	4	1	5	17500
22		फरसगांव	EMRS चिचाड़ी	1	0	1	3500
23		माकड़ी	EMRS माकड़ी	8	1	9	31500
24	कोरिया	सोनहत	EMRS घुघरा	2	0	2	7000
25	एम.सी.बी.	खड़गवां	EMRS पोड़ीडीह	5	1	6	21000
26		भरतपुर	EMRS जमथान	3	0	3	10500
27	जशपुर	बगीचा	EMRS सन्ना	0	1	1	3500
28		जशपुर	EMRS घोलेग	3	0	3	10500
29		कांसाबेल	EMRS दुढरुडांड	2	0	2	7000
30	सरगुजा	मैनपाट	EMRS कमलेश्वरपुर	8	1	9	31500
31		उदयपुर	EMRS रीखी	7	1	8	28000
32		बतौली	EMRS शिवपुर	29	2	31	108500
33		सीतापुर	EMRS पेतला	4	1	5	17500
34		लूण्ड्रा	EMRS लूण्ड्रा	35	2	37	129500
35	सूरजपुर	भैयाथान	EMRS शिवप्रसादनगर	29	2	31	108500
36		प्रतापपुर	EMRS खोरमा	9	2	11	38500
37		ओड़गी	EMRS ओड़गी	2	0	2	7000
38		प्रेमनगर	EMRS पार्वतीपुर	12	2	14	49000
39	बलरामपुर	बलरामपुर	EMRS भेलवाडीह	2	0	2	7000
40		कुसमी	EMRS रामनगर	9	1	10	35000
41		वाड्डफनगर	EMRS बरतीकला	8	1	9	31500
42		राजपुर	EMRS डांडखडुवां	1	1	2	7000
43		शंकरगढ़	EMRS डीपाडीह	5	1	6	21000
44		बोडला	EMRS तरेगांव जंगल	9	1	10	35000
45	राजनांदगांव	राजनांदगांव	EMRS पेण्ड्री	9	1	10	35000
46	मोहला—	मानपुर	EMRS खासफड़की	4	1	5	17500
47	मानपुर—चौकी	मोहला	EMRS माडिग फीडिंग धेनु	1	0	1	3500
48	बालोद	डौंडी	EMRS डौण्डी	12	1	13	45500
49	गरियाबंद	छुरा	EMRS कोसमबुड़ा	1	0	1	3500
50		मैनपुर	EMRS देहागुड़ा	5	1	6	21000
51	बलौदाबाजार	कसडोल	EMRS सोनाखान	2	0	2	7000
52	महासमुन्द	महासमुन्द	EMRS भोरिंग	12	1	13	45500
53	धमतरी	नगरी	EMRS पथरीडीह	7	1	8	28000
54	गौरेला—	मरवाही	EMRS डोंगरिया	6	1	7	24500
55	पेण्ड्रा—	पेण्ड्रा	EMRS लाटा	6	1	7	24500
56	मरवाही	गौरेला	EMRS नेवसा	2	0	2	7000
57	रायगढ़	खरसिया	EMRS छोटेमुड़पार	12	1	13	45500
58		धरमजयगढ़	EMRS बयासी	5	1	6	21000
59		घरघोड़ा	EMRS छर्नाटांगर	34	1	35	122500
60		लैलूंगा	EMRS लैलूंगा	6	1	7	24500
61	कोरबा	कटघोरा	EMRS छुरीकला	17	2	19	66500
62		पाली	EMRS लाफा	1	0	1	3500
63	सक्ती	सक्ती	EMRS पलाड़ीखुर्द	3	0	3	10500
64	मुंगेली	लोरमी	EMRS बंधवा	2	0	2	7000
योग				469	51	520	1820000

(शब्दों में राशि रुपये अठ्ठारह लाख बीस हजार मात्र)

राष्ट्रीय स्तर के लिये चयनित प्रतिभागियों एवं एस्कार्ट शिक्षकों की निर्धारित संख्या अनुरूप एकलव्य आदर्श आवासीय विद्यालयों द्वारा ट्रैक सूट इत्यादि Indigo with Pink कलर में आवश्यक मात्रा में नियमानुसार कय कर रिहर्सल के दौरान निम्नांकित सामग्रियां प्रदाय की जावे :-

क्र.	सामग्री का नाम	सामग्री का कलर	विधा का नाम
1	2	2	3
1.	Track Suit	Indigo with Pink Colour	All Events
2.	T-Shirts & Shorts	Indigo with Pink Colour	All Events
3.	Sports Caps	Indigo with Pink Colour	All Events
4.	Shoes (Jogger)	-	All Events
5.	Socks / Stockings	-	All Events
6.	Duffel/ kit bag for Participants (15 Inches - Drum Shape)	-	All Events

आवंटन की शर्तें निम्नानुसार है :-

1. भारत सरकार, जनजातीय कार्य मंत्रालय, राष्ट्रीय आदिवासी छात्र शिक्षा समिति, नई दिल्ली के पत्र क्रमांक NESTS/Finance/EMRSSocietiesfinance/160 / 2021-22, दिनांक 01.05.2025 द्वारा जारी मदवार ब्रेकअप एवं सक्षम अधिकारी को प्रदत्त वित्तीय अधिकारों की सीमा के भीतर ही राशि का व्यय किया जाना सुनिश्चित करें।
2. भारत सरकार, वित्त मंत्रालय, व्यय विभाग द्वारा जारी "सामान्य वित्तीय नियमावली 2017" में उल्लेखित अद्यतन प्रावधानों के अनुसार तथा शासन द्वारा समय-समय पर सामग्री कय हेतु निर्धारित भंडार कय नियमों एवं अद्यतन वित्तीय निर्देशों का पालन किया जाना सुनिश्चित करें।
3. भारत सरकार, जनजातीय कार्य मंत्रालय, NESTS, नई दिल्ली के पत्र क्रमांक/F.NESTS/ Finance/EMRSSocietiesFinance/160/2021-22, दिनांक 15.10.2024 द्वारा जेम पोर्टल के संबंध में जारी निर्देशों का कड़ाई से पालन सुनिश्चित करते हुये भारत सरकार, वाणिज्य एवं उद्योग मंत्रालय के Government e-Marketplace (GEM पोर्टल) के माध्यम से सामग्रियों का कय किया जाना सुनिश्चित करें।
4. राष्ट्रीय क्रीड़ा प्रतियोगिता हेतु चयनित प्रतिभागियों एवं एस्कार्ट शिक्षकों के लिये ट्रैक सूट इत्यादि सामग्री के कय हेतु निर्धारित भंडार कय नियमों एवं अद्यतन वित्तीय निर्देशों का पालन सुनिश्चित करते हुये सामग्रियों का कय किया जावे साथ ही राष्ट्रीय क्रीड़ा प्रतियोगिता 2025 हेतु NESTS द्वारा जारी विस्तृत दिशा-निर्देश अनुसार कय की गई सामग्रियों में लोगो एवं राज्य का नाम, अन्य आवश्यक छपाई का कार्य भी रिहर्सल के पूर्व अनिवार्य रूप से पूर्ण करा लिया जावे।
5. सामग्री कय एवं सेवाओं के प्रकरणों में फर्मों से प्राप्त देयकों में नियमानुसार IT-TDS एवं GST-TDS की कटौती अनिवार्य रूप से की जावे तथा समय-सीमा के भीतर कटौती राशि का चालान के माध्यम से भुगतान कर निर्धारित अवधि में रिटर्न फाईल कराना सुनिश्चित करें, विलंब की स्थिति में पेनाल्टी/ब्याज अधिरोपित होने पर संस्था प्रमुख/प्राचार्यों की जिम्मेदारी सुनिश्चित की जावेगी, जिसके लिये वे स्वयं जवाबदेह होंगे।

6. उक्त राशि वित्तीय वर्ष 2025-26 हेतु आवंटित की जा रही है, जिस मद में निर्धारित कार्य हेतु राशि आवंटित की गई है उसी मद में ही व्यय किया जावे तथा जिस खाते में राशि हस्तांतरित की जा रही है उसी खाते से केवल PFMS के माध्यम से ही राशि का व्यय किया जाना सुनिश्चित करें अन्यथा वित्तीय अनियमितता मानते हुए कार्यवाही प्रस्तावित की जावेगी।
 7. प्रत्येक माह का मासिक व्यय पत्रक भारत सरकार, जनजातीय कार्य मंत्रालय, NESTS, नई दिल्ली के पत्र क्रमांक NESTS/ Finance/EMRSSocietiesFinance/160/2021-22, दिनांक 28.08.2025 द्वारा निर्धारित प्रपत्रों में भेजना सुनिश्चित करें।
 8. प्रदायित राशि का उपयोगिता प्रमाण पत्र भेजना सुनिश्चित करें।
- (आयुक्त/पदेन सचिव द्वारा अनुमोदित)


(लाजरस मिंग)
वित्त नियंत्रक

आदिम जाति तथा अनुसूचित जाति विकास
अटल नगर, नवा रायपुर छत्तीसगढ़
नवा रायपुर दिनांक 04/09/2025

पृ. क्रमांक/EMRS/G-16-IV/2025-26/7023
प्रतिलिपि :-

1. स्टॉफ ऑफिसर, प्रमुख सचिव, छत्तीसगढ़ शासन, आदिम जाति तथा अनुसूचित जाति विकास विभाग, महानदी भवन, मंत्रालय, अटल नगर, रायपुर छ.ग. की ओर सूचनार्थ प्रेषित।
2. कलेक्टर/अध्यक्ष, जिला स्तरीय आदिम जाति कल्याण एवं आश्रम शैक्षणिक संस्थान समिति, जिला-..... (छ.ग.) की ओर आवश्यक कार्यवाही हेतु प्रेषित।
3. प्रभारी अधिकारी, एकलव्य शाखा (लेखा) मुख्यालय, नवा रायपुर की ओर सूचनार्थ प्रेषित कर निर्देशित किया जाता है कि उपरोक्तानुसार राशि संबंधित विद्यालय के खाते में PFMS के माध्यम से हस्तांतरित कराना सुनिश्चित करें।
4. आहरण एवं सवितरण अधिकारी, मुख्यालय, रायपुर की ओर सूचनार्थ एवं आवश्यक कार्यवाही हेतु।
5. सहायक आयुक्त/सदस्य सचिव, आदिवासी विकास एवं जिला स्तरीय आदिम जाति कल्याण एवं आश्रम शैक्षणिक संस्थान समिति जिला-..... (छ.ग.) की ओर सूचनार्थ एवं आवश्यक कार्यवाही हेतु।
6. प्राचार्य, एकलव्य आदर्श आवासीय विद्यालय जिला (छ.ग.) की ओर आवश्यक कार्यवाही हेतु।


वित्त नियंत्रक

आदिम जाति तथा अनुसूचित जाति विकास
अटल नगर, नवा रायपुर छत्तीसगढ़



F. No. NESTS/Sports/161/2021-22/1718

Dated: 16th July, 2025

The Nodal Officers,
State EMRS Society/UTs,
(As per list)

Subject: Forwarding guidelines for 4th EMRS National Sports Meet 2025- reg.

Ref: 4th EMRS National Sports Meet.

Every year NESTS organizes EMRS National Sports Meet with the objective to promote culture of games and sports and to develop a spirit of sportsmanship in EMRS students. In this context, NESTS is pleased to announce the organization of 4th EMRS National Sports Meet, 2025 at Rourkela, Odisha, tentatively in the second week of October, 2025. As per the practice followed in previous years, this mega event shall be conducted at three levels as per the below mentioned schedule:

School Level- to be conducted preferably before the State Level Sports Meet.

State Level- to be conducted at the earliest and list of participants at National Level is to be submitted to OMTES by the first week of August 2025.

National Level- tentatively in the second week of October, 2025 at Rourkela, Odisha.

Accordingly, guidelines for organizing the 4th State Level Sports Meet are attached herewith for reference. It is requested to kindly disseminate the guidelines at the school level and direct the concerned officer and Principal to do the needful so that the State level event may be organized well within the deadline mentioned herein.

It is further requested to direct the State/UT EMRS Societies to confirm their participation in the events as per the attached proforma mentioned at **Annexure-I** by first week of August, 2025 positively to enable us and the host venue to plan meticulously for EMRS National Sports Meet 2025.

It is pertinent to mention that students selected at the National Level shall represent in Khelo India and SGFI events; therefore, the selection process at the State Level should be conducted diligently to ensure the participation of the best-performing students.

This issues with the approval of the competent authority.

(Dr. Rashmi Chaudhary)

Assistant Commissioner, NESTS

Copy to-

1. The Principal Secretary, Tribal Welfare Department, Govt of State/UT (as per list) for information please.
2. The Nodal Officer, State EMRS Society, Odisha for the needful in hosting the event please.
3. The EMRS Principals with similar request and for necessary action please.

Name of the State/ UT EMRS Society: _____

S. No.	Name of the event/game	Participation in			
		Boys		Girls	
		U-14	U-19	U-14	U-19
Individual or Semi-Team Sports					
1.	Archery				
2.	Athletics				
3.	Badminton				
4.	Boxing				
5.	Chess				
6.	Gymnastics				
7.	Judo				
8.	Tennis				
9.	Shooting				
10.	Swimming				
11.	Table Tennis				
12.	Taekwondo				
13.	Weight Lifting				
14.	Wrestling (Free Style)				
15.	Yoga				
Sub-total					
Team Sports					
1.	Basket Ball	---		---	
2.	Football	---		---	
3.	Handball	---		---	
4.	Hockey	---		---	
5.	Kabaddi	---		---	
6.	Kho-Kho	---		---	
7.	Volley Ball	---		---	
Sub-total		---		---	
Total					

Signature of the Official: _____

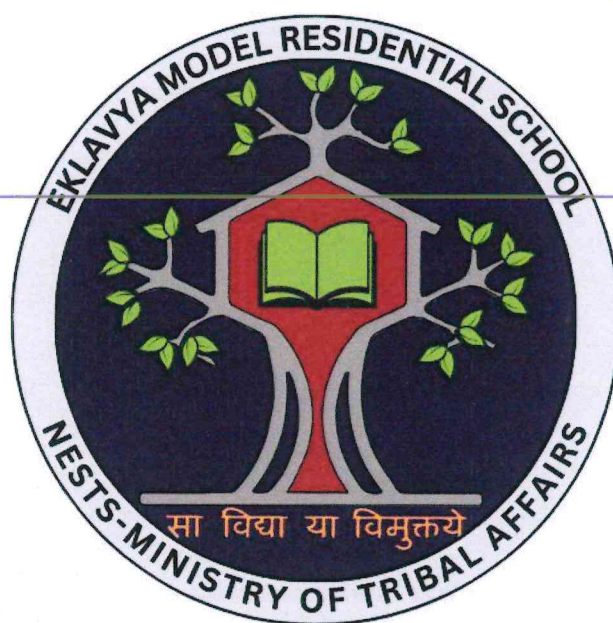
Name of the Official: _____

Stamp of the Department/ Society: _____

GUIDELINES

FOR

4th EMRS NATIONAL SPORTS MEET 2025-26



**National Education Society for Tribal Students
Ministry of Tribal Affairs
New Delhi**

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SECTION- A

INTRODUCTION

The endeavor of Ministry of Tribal Affairs has been to take various initiatives for overall upliftment of tribals across the country. Amongst these, providing quality education for the holistic development of ST students is the main focus of the Ministry of Tribal Affairs. Games and Sports, being a dynamic instrument for overall development of a child, not only helps to improve academic performance but also inculcates values of mutual trust and cooperation such as self-discipline, self-confidence, responsibility, equality, social cohesion, teamwork, time management, commitment, perseverance and respect. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills and above all a sense of affinity as national pride.

Games and Sports have been a vital component of EMRSs. With an objective to explore and nurture the talents of students, to provide ample opportunities to exhibit their talent at various available platforms and to promote culture of Games & Sports in young children, 4th National Level EMRS Sports Meet 2025-26 has been scheduled and being organized by NESTS. It will be held at three levels i.e. School level (Intra-EMRS), State-level (Inter-EMRSs) and National Level (Inter-State EMRSs).



SECTION- B
SCHEDULE OF EMRS SPORTS MEET-ALL LEVELS

Schedule of events at various levels:

Level of Sports Meet	Dates for Completion of Events	Events	Venue
School Level	Preferably before the State Level Sports Meet.	As mentioned in the guidelines	Respective EMRSs
State level	1 st Week of August, 2025	As mentioned in the guidelines	To be decided by State/ UT EMRS Societies.
National level	Tentatively 2 nd Week of October, 2025	As mentioned in the guidelines	Rourkela, Odisha

School Level Sports should be an ongoing process. The events mentioned in the guidelines are to be conducted across the academic year selecting the Teams/ Players for the State Level EMRS Sports Meet to be held in the next academic Year. In order to cultivate & polish their talent in Games & Sports, the selected Teams and Players should be provided with the best facilities and rigorous training/ coaching across the year by the Physical Education Teachers.

It is expected that EMRSs shall raise school-level sports teams (minimum two teams each for Team Sports & Individual Sports) in accordance with the list of events organized at state level of their students and Sports Discipline of the PETs. The PETs shall provide appropriate training & coaching to the students and prepare them for participation in the sports activities at various levels by exposing them to intra and inter school tournaments.

The date of School Level EMRS Sports Meet shall be the sole discretion of the Principal. However, it is suggested to conduct the same to mark the birth anniversary of the International Player of the District/ State/ Nation to acknowledge his/her contributions in Sports and encourage the students to achieve such heights in their future endeavors.



SECTION- C

EVENTS AND AGE GROUPS

For 4th EMRS National Sports Meet 2025-26

S. No.	Name of the Event/Game	Age Group(Boy)		Age Group (Girl)	
Individual or Semi-Team Sports					
1.	Archery	14	19	14	19
2.	Athletics	14	19	14	19
3.	Badminton	14	19	14	19
4.	Boxing	14	19	14	19
5.	Chess	14	19	14	19
6.	Gymnastics	14	19	14	19
7.	Judo	14	19	14	19
8.	Tennis	14	19	14	19
9.	Shooting	14	19	14	19
10.	Swimming	14	19	14	19
11.	Table Tennis	14	19	14	19
12.	Taekwondo	14	19	14	19
13.	Weight Lifting	14	19	14	19
14.	Wrestling (Free Style)	14	19	14	19
15.	Yoga	14	19	14	19
Team Sports					
1.	Basket Ball	----	19	----	19
2.	Football	----	19	----	19
3.	Handball	----	19	----	19
4.	Hockey	----	19	----	19
5.	Kabaddi	----	19	----	19
6.	Kho-Kho	----	19	----	19
7.	Volley Ball	----	19	----	19

SECTION- D

General Guidelines for EMRS Sports Meet

Level of Competitions

The sports meets shall be organized at 3 levels viz. School level, State level and the National level.

A. EMRS School Level Sports Meet:

School level competitions, as per the events mentioned in guidelines and others, depending upon the talent of the children in the various Games and Sports, will be held in each EMRS. The schools are expected to bear the entire expenditure for conduct of the event at school level out of its own funds including the prizes.

B. EMRS State Level Sports Meet:

- i. State/ UT EMRS Society shall conduct EMRS State Level Sports Meet, as per the events mentioned in this guidelines.
- ii. The States/ UTs are expected to bear the entire expenditure for conduct of the event out of its own funds including the travel cost of participants to & fro to the venue of EMRS National Level Sports Meet 2025-26 and Coaching Camp (if any).
- iii. Ensure that the journey of the participants of 4th EMRS National Sports Meet 2025-26 is comfortable and on confirmed seats/berths.
- iv. Provide playing kit to the participants of the State for 4th EMRS National Sports Meet 2025-26. The quality & sizes of the Playing kit must be verified before issuing to the participants.
- v. Prizes are to be given to the winners of 1st, 2nd & 3rd positions and participation certificates to all the participants.
- vi. *The selected Team of the EMRS State Level Sports Meet will participate in the EMRS National Sports Meet 2025-26. It is expected from the State/ UT EMRS Societies to ensure minimum standard in each game and depute only those teams for National level tournament which perform up to a certain standard. Teams should not be deputed just for the sake of participation. **Sub-standard Teams should not be allowed** to participate at EMRS National Sports Meet 2025-26.*
- vii. The State Level winner(s) of individual sports should not be sponsored for EMRS National Sports Meet 2025-26 unless his/her performance is up to a certain level.
- viii. Besides the skills required for particular event, the Physical Fitness profile (Strength, Endurance, Speed coordination) of the students will be one of the parameters during selection at different levels.
- ix. **Coaching Camp:** After State level EMRS Sports Meet, the State/ UT EMRS Societies of each State may decide to conduct State Level Sports Coaching Camp (for 15-20 days) for individual/team events at a suitable venue for participation in EMRS National Sports Meet 2025-26.

- Coaching Camp may be planned for all events especially the team events so as to develop the coordination between the selected players. The Physical Education Teacher (PET) of the same sports discipline should be made the in-charge of the Coaching Camp and also to be deputed along with the team.
- Necessary Sports Infrastructure/ Equipment should be made available to the students. If required, Reputed National/ International Players/ SAI Coach may be engaged and Sports Counselling may be arranged at coaching venue (for one or two Session only). Practice matches/ bout should also be conducted to give sufficient practice for EMRS National Sports Meet.
- It is mandatory for all selected students to attend Coaching Camp, if, organized by the State/ UT EMRS Society. In case, any Student/ Player does not attend coaching camp without any prior written approval (only in unavoidable circumstances) of the Competent Authority as decided by State/ UT EMRS Society, he/she will not be allowed to participate in the related competition.
- In order to compensate the loss of studies, study classes should be arranged at coaching venue for the students during free time.



4th EMRS National Sports Meet 2023-24

SECTION- E

GUIDELINES FOR CONDUCT OF EMRS NATIONAL SPORTS MEET 2025-26

Host State of EMRS National Sports Meet 2025-26: Odisha

I. GENERAL GUIDELINES

- 1) An Organizing and Technical Committee should be constituted by the host State/ UT EMRS Society for the smooth conduct of EMRS National Sports Meet. Meetings among host State Level Officers, representative of NESTS, Organizing Committee and Sports Officials/ Technical Experts Committee of events must be held before the start of the Sports Meet.
- 2) The Schedule/ Draw/ Fixture must be drawn/ decided at least 02 two days prior to the start of the event(s)/sports in the presence of Technical Committee with information to participants/teams from all States/ UTs.
- 3) Team/ Players duly escorted by the escorts should report at National venue a day before the onset of the Meet.
- 4) To ensure the Safety and Security of the Participants, identity cards should be issued to all the participants, Escorts/ Coaches/ Officials, Volunteers, Cooking Staff, School Staff and Workers by the Host Venue/State.

II. SPECIFIC GUIDELINES

- i) **Age Groups:**
 - a) Under- 14 years as on 31.12.2025 and born on or after 01.01.2012 and studying in classes up to VIII.
 - b) Under- 19 years as on 31.12.2025 and born on or after 01.01.2007 and studying in classes up to XII.
- ii) **Eligibility Certificates:** - Eligibility Certificates duly filled in all respects and signed by the designated authorities along with Passport size photograph, Birth Certificate, Aadhar Card & Previous Year Report card and the list of participating events in duplicate (2 copies) as per **Appendix III** in respect of all the students participating in EMRS National Sports Meet 2025-26 be submitted to the Host State/ UT EMRS Society at the allotted Venue at the time of Registration or as required by the host state.
- iii) **Medical/ Physical Fitness Certificate-** The Medical/ Physical Fitness Certificate (**RECENT**) issued by the registered Doctor must be submitted by Participants/ Team in the prescribed format **Appendix VI** to the host venue.
- iv) **Parent's Consent Certificate-** Principal of concerned EMRS shall intimate the selection of the ward to his/her parents in the format prescribed at **Appendix-IV**. The consent letter of the parents (Fresh) allowing their wards to take part in the EMRS National Sports Meets in a team or as an individual player must be submitted by the participants to the host venue in the format prescribed at **Appendix V**.
- v) **EMRS Flag-** The host State/ UT EMRS Society of EMRS National Sports Meet 2025-26 will arrange and issue State/ UT EMRS Society Flag & Pole/ Pipe to all participating State(s) for Oath/ March Past at opening & closing ceremony. The flag size is 4ft x 3ft and the Color of flags will be different for different State/ UT

EMRS Societies. The colors (for Flags) allotted to the different State/ UT EMRS Societies is at **Section I**.

- vi) **Trophies/ Medals & Certificate** – The host State/ UT EMRS Society will arrange Medals/ Trophy/ Shield/ Memento/ Certificates for the participants of EMRS National Sports Meet 2025-26 for all Games/Events as per the details: -
- **Trophy/ Shield / Memento** for event championship i.e. 1st, 2nd & 3rd Position in Individual events conducted for age group U-14 & 19 and for Team events for Under-19 Boys & Girls separately.
 - **Gold, Silver and Bronze medal** will be distributed to First, Second & Third position winners in all individual & Team events. However, for Boxing, Judo, Taekwondo & Wrestling (Free Style) - Gold for First, Silver for second and Bronze for Third (Two) position (runners up of semifinals) will be distributed.
 - **Participation Certificate** will be given to all participants at all levels by the host State/ UT EMRS Society for EMRS National Sports Meet 2025-26. The format of the Participation Certificate will be shared to the host State/UT EMRS Society by NESTS.
- vii) **Championship-** Overall Championship will be calculated on the basis of scores/points earned by the participants of State/ UT EMRS Societies in all individual and team events,

Individual /Team events-

Positions & Medals			Remarks
1 st Position	2 nd Position	3 rd Position	Two (02) Bronze medals will be given to the runners up players of semifinals in Boxing, Taekwondo, Judo & Wrestling (Free Style) event.
Gold	Silver	Bronze	

Specifications of Certificate, Medals and Trophy /Memento etc.-

S. No.	Items	Material	Size	weight	Thickness	Remarks
1.	Certificate	Glossy Paper (Printed)	A-4	---	---	Bi-Lingual
2.	Medals	Metallic	3.0" diameter	75 to 80 g	As per the weight and applicable standard.	Gold, Silver & Bronze (Copper) Color with printed ribbons (2.5 cm X92 cm)
3.	Trophy/Shield/Memento - Design and materials as finalized by the host State/UT and awards will be given as per guidelines mentioned below.					

- i. The overall sports championship will be determined based on a points system. Points will be allocated as follows: 5 points for Gold, 3 points for Silver, and 1 point for Bronze. The total score for each state will be calculated by summing the points

earned across all categories, including U-14 Boys and Girls, and U-19 Boys and Girls, for both individual and team events.

- ii. The championship for individual events will be determined using a points system, as outlined in point (i) above. Each state's total score will be calculated by summing the points earned across all individual events, which will include both boys and girls in the U-14 and U-19 categories combined.
- iii. The championship for team events will be based on a points system, as detailed in point (i) above. Each state's total score will be calculated by adding the points earned across all team events, including both boys and girls falling U-19 category.

Note- The medals will be given separately to Boys & Girls participants, who has secured 1st, 2nd & 3rd position in individual as well as team events under each age group. The scoring system & other sports specific guidelines will adhere to the latest SGFI norms and if required will be changed accordingly.

ESCORT TEACHER/ TECHNICAL ASSISTANCE/ EVENTS EXPERT

1. Escort Teacher

Each State Contingent shall be led by one Contingent Manager at the level of Principal or above. It shall be the duty of the Contingent Manager to ensure that participating individuals and teams of EMRS National Sports Meet 2025-26 are duly escorted by escort-cum-coach (Male & Female) deputed by the State/ UT EMRS Society. It is pertinent to mention here that the Girls shall be escorted by only female staff and Boys by only male staff. Number of escorts to participants shall not exceed the ratio of 01:10 i.e. there shall be one escort for 10 girls/ boys (individual & team combined). It shall be duty of the Contingent manager to ensure that the information of the matches/ bouts/ heats etc. reaches the concerned participants well on time, none of the participant is left unescorted or unattended at any time and shall attend to the needs of the participants of his/ her contingent. Contingent Manager is required to attend all the meetings convened by the host State/ NESTS during the Meet and extend full support in smooth conduct of the EMRS National Sports Meet 2025-26.

While selecting the escorts, care should be taken, '**NOT**' to depute those teachers who are medically unfit/ under treatment. Female Staff having child below 3yrs, should usually not to be deputed as escort.

2. Technical Assistant/Expert of Event

The State/ UT EMRS Societies may take the assistance of Sports Authority of India (SAI) officials and appoint them as Technical Assistants/ Expert of Games/ Events in EMRS State Level Sports Meet, if required and similarly hosts State/UTs may follow the same.

III. BOARDING AND LODGING ARRANGEMENTS

A comfortable stay arrangement for the participants of EMRS National Sports Meet 2025-26 is to be provided by the host State/ UT EMRS Society.

Note:

- o Host venue will provide the same scale/ standard of food/ meal to all Participants/

Escort teacher/ PETs/ Coaches/ Officials and others.

- Non -Veg. may be provided in meals.
- As far as possible, meal should be served in buffet system.
- Proper seating arrangement (Table & Chairs) should be made for Students & Staff in Dining area.
- Day wise menu must be displayed on the notice board/ dining area & Kitchen and a copy of the same should be given to every escort teacher.
- Fresh and quality materials be used for preparation in Breakfast/Lunch/ Dinner/others.
- Cleanliness of the venue(s) is to be ensured by the host State/ UT EMRS Society. Toilets should be cleaned at least thrice a day. Rooms should be cleaned at least once a day. Cleaning staff should be available 24 hours in proper dress code & ID card at stay & play venue. Rooms should have curtains for privacy of students, especially for girls.
- During Evening/ Night some entertainment or Cultural Programme/ TV Programme/ Video of day activities and Matches/ Movie on Sports may be arranged for students.



4th EMRS National Sports Meet 2025

SECTION – F
TECHNICAL GUIDELINES

Play Ground/ Field/Play Court/ Arena, Swimming Pool, Track & Field, Equipment's, officials/Referees / Umpires and Competitions

I- Instructions

1. The EMRS National Sports Meet 2025-26 for Athletics must be conducted preferably on synthetic Track.
2. Swimming competition should be conducted in a standard pool.
3. The Digital (Scientific) Watch, Photo finish device, starter/Gun should be used during competitions/ trials at National level.
4. All matches should be Conducted/ played on standard surface/ playing court/ ground as per SGFI/ Federation norms of the event/games.
5. Only electronic devices should be used during competition for all kinds of records purpose i.e. time recording, computerized merit list, allotment of lane in Athletics & Swimming, Photo finish devices.
6. Video recording should preferably be done for all events in Athletics & Swimming and Quarter/ Semi-Final/ Final Bout/ Match to avoid any dispute.
7. All Playing equipments and materials should be of standard quality and new as approved by Federation/ Sports Authority of India to avoid any dispute/ injury during competitions.
8. It should be ensured that no participant/ player/ student will be allowed to participate without proper playing kit and accessories as per norms of the event.
9. Qualified Referees/ Umpires and officials should be engaged from Sports Federation/ Sports University/ Sports Institute for conducting of EMRS National Sports Meet 2025-26.
10. Live score display facilities shall be provided at the competition venue, ensuring that the audience can view real-time score updates on the scoreboard. Referees shall be equipped with a smart scoring device for seamless score entry.

II- Conduct of Tournaments /Competition etc.

- (i) The Matches for team events will be played on knockout-cum-league basis and fixtures should be drawn on scientific method with information to all participating States.
- (ii) **For team events-**
Teams will be divided into Two/ Four Pools as per entries of team and fixture will be drawn accordingly. The winner of quarter final will qualify for Semi- final. Final match shall be played between the winners of semifinals. In addition to this one hard-liner match will be played for 3rd & 4th Place. For drawing out fixtures, SGFI Guidelines may be referred to.
- (iii) The Fixture/ Match schedule must be communicated to all the Participating States well in advance and the same should also be displayed at prominent Notice board (preferably digitally)/ Places.
- (iv) The Organizing Committee will constitute a Technical-cum-Selection Committee for each event and Jury of appeal for the Tournament/Sports Meet.

The Composition of **technical-cum-selection** committee for each event shall be as:

- o Person nominated by the State/ UT EMRS Society.

- EMRS PET as the Expert of Event.
- One Expert from SAI/ Sports Authority of State/ Federation/ Reputed Player.

Jury of appeal should consist of the following members:

- Person nominated by the State/ UT EMRS Host Society.
 - EMRS PET other than the Expert of Event.
 - One Expert from SAI/Sports Authority of State/ Federation/ Reputed Player.
 - One representative from NESTS.
- (v) Organizing Authority or Principal/PGT/TGT (PET) will ensure that all technical equipment's/ accessorizes related with events are mandatory to use during matches/ competition in EMRS National Sports Meet/ Tournament.

Note - If the number of teams (team events) reporting for EMRS National Sports Meet 2025-26 are seven or less than seven, then tournament will be conducted on league cum knock out basis as per norms of Competition.

III- Individual Events-Competitions/Selection of team/ players

- The games i.e. Table-Tennis, Badminton and Tennis will be held as singles and doubles (i.e. the State/ UT shall participate in one single & one double) for individual events. State/ UT EMRS Societies will invite entries from individual players for State level singles tournaments and conduct the State level competitions directly. The best three players should be deputed for EMRS National Sports Meet 2025-26.
- The Matches/Bout/Attempt/Competition for Badminton, Taekwondo, Tennis, Table-Tennis, Judo, Boxing, Archery, Athletics, Swimming, Shooting, Wrestling (Free Style) and Chess will be played as per the SGFI rules & norms.
- If the number of participants is less than five, then participation certificate may be awarded to the Individual concerned and he / she may be selected/ recommended for next higher-level competition after trial. However, his or her physical fitness and playing ability as per norms should be recorded according to the concerned event. No merit certificate, medals and cash award will be given in such cases.

IV. - Team composition

As per Appendix - I

Note-

- Each State/ UT EMRS Society shall send **only one** team comprising of fixed number of players as mentioned in the guidelines. In the events involving weight categories only one player/per weight category is allowed. More than one player per weight category shall lead to disqualification of both the players. The number mentioned in the guidelines should not exceed in any case.
- The Stand by players shall be allowed to participate in case of any drop out from the event before reporting to the venue of EMRS National Sports Meet 2025-26.
- The team for EMRS National Sports Meet 2025-26 should be selected on the basis of the performance of the students in the EMRS State Level Sports Meet and shall consists of best players of the EMRSs running under the State/ UT EMRS Societies.
- A 15-20 days coaching camp of the selected players of the State level team **may**

be conducted before the EMRS National Sports Meet 2025-26 for better co-ordination and co-operation amongst the players.

V- The Following Guidelines is to be followed for engaging of Referees/ Umpires/ Officials-cum-selectors etc.

- (i) Referee/Umpire/Officials cum selectors/Arbiters are to be engaged from the Federation/ Association/ Sports Academy/ SAI Centre/ Sports University/ Sports Department of a University.
- (ii) Each Referee/Umpire is required to carry out minimum three matches per day for team events like Football, Hockey, Basketball, Volleyball, Handball, Kho- Kho and Kabaddi. In case of less than three matches in a day, the payment should be made on pro-rate basis. However, for all Individual events and Team events Kho-Kho & Kabaddi, one Official/ Umpire/ Referee has to spend six hours (3+3 hours) per day in the conduct of event/ match.
- (iii) Number of officials cum selectors/ Umpires/ Referees may be decreased as meet/tournament progresses after quarter finals competition.
- (iv) Nature of duty of official(s) may be rotated as per requirement of events during competitions.
- (v) Daily records of engaged officials/ umpires/referees are to be maintained by the host State/ UT EMRS Society. Payment should be made, on the basis of no. of days engaged, either by PFMS/bank transfer but not in cash. Receipts of the same are to be maintained as record.
- (vi) Bills /Voucher should be verified by the Committee.

Note: One expert/official of event/game may be invited during the draw for fixture and fixed conveyance charges of Rs. 500/- may be given.

VII- Calculation of Overall Championship at EMRS National Sports Meet 2025-26

The overall sports championship will be determined based on a points system. Points will be allocated as follows: 5 points for Gold, 3 points for Silver, and 1 point for Bronze. The total score for each state will be calculated by summing the points earned across all categories, including U-14 Boys and Girls, and U-19 Boys and Girls, for both individual and team events.



SECTION- G

SAFETY AND SECURITY MEASURES

1. A 24hour help desk should be available at stay venue so that students/escort can contact them at any time in case of emergency/ any problem. The helpdesk staff should be equipped with the requisite facilities i.e. telephone/ mobile number to attend to the participating teams, escorts & others. A Register should be maintained in which complaints are noted along with action taken and date and time of redressal.
2. Important Contact numbers must be displayed prominently on notice boards and other frequently used places and a copy should be given to all escort teacher.
3. Visitor register should be maintained at stay venue. Unwanted visitors must be prohibited at stay & play venue. In case a child is expecting a visitor, the parent/ guardian of the child must have informed the escort and the Venue Incharge along with the details of the visiting person beforehand. A visitor turning up suddenly to visit a child should not be permitted in the premises. A child should not be allowed to go out without escort and permission of the venue Incharge. Escorts should have the telephone number of all the students under their care as well as their parents.
4. All safety measure should be in place viz. Fire safety, water tanks, septic tanks, drains and deep pits at the games and stay venue should be closed, terrace gate/ doors must be locked, electrical switches, wires, electric points and appliances must be checked to avoid any untoward incidents. The stay venue should be fumigated and pest control measures be taken well before the reporting of the teams for EMRS National Sports Meet. The area should be cleaned and extra vegetation, grass, bushes etc. removed.
5. Cleanliness should be ensured at all times.
6. Surveillance System must be functional and adequate number of Security guard be deployed round the clock at Dining area, Common places and corridor etc.
7. Medical facilities /Medical assistance must be arranged at stay & play venue at all times. In case of any emergency, nearby Hospital(s) should be referred to immediately.
8. Only authorized persons should be allowed for video & photography during Sports Meet.
9. Safe and secure transport facility should be arranged for the participating students & escort, from stay venue to play venue & vice-versa.



SECTION - H

Guidelines for Expenditures

- I. **Expenditure by EMRSs-** The schools will make the following expenditure on their Teams/ Players from the grants received from NESTS/MoTA as per following details-
- a) Expenditure on conduct of School Level Sports Meet.
 - b) Expenditure on TA & DA of participating students during the journey period from their respective school to the Venue of the EMRS State Level Sports Meet and back.
 - c) Expenditure on playing kit and playing equipment/ playing accessories etc. for participating students of the EMRS State Level Sports Meet.
 - d) Expenditure on TA & DA for escort to the Venue (s) of the EMRS State Level Sports Meet/ Coaching camp/ assembling venue and back.
 - e) TA & DA of participating students for Journey period from School to Coaching Camp for EMRS National Sports Meet 2025-26 and back.
 - f) TA & DA of participating students for Journey period from School to assembling venue for EMRS National Sports Meet 2025-26 and back.

II. **Expenditure by State/ UT EMRS Societies on-**

- a) EMRS State Level sports Meet.
- b) Conduct of Coaching Camp.
- c) Playing kit and playing equipment/ playing accessories etc. of participating students for EMRS National Sports Meet 2025-26.
- d) TA & DA of participating students and escorts during the journey period from the assembling venue to the Venue of the EMRS National Sports Meet 2025-26 and back.

III. **Expenditure by NESTS/ MoTA**

The expenditure **on conduct of EMRS National Sports Meet 2025-26** will be incurred by the **NESTS/ MoTA** in the following head:

- o Food, Accommodation, Bedding, transportation etc. for Lodging and Boarding arrangements for participating Students, Escorting Staff, Coaches teachers etc. of National Sports Meet.
- o Purchase of Medals, Trophies/ Shields, track suits for the officials/volunteers/ contingent managers/ State Nodal Officer SPOC, Printing of Certificates, coffee table book, miscellaneous (souvenir, invitation cards, banners, badges, cut outs, standings), etc.
- o Hiring of tent/ Shamyanas (if required) and all arrangements for organizing of EMRS National Sports Meet 2025-26.

- IT Portal to be developed by the host state, which will be later on handed over to NESTS for future use.
- Hiring of Sports Infrastructure/Play grounds etc. other than EMRS ground.
- Honorarium to Officials cum selectors / Umpires / Referees etc. for conducting Sports Meet.
- Conduct of opening and closing ceremony duly following proper protocol.
- Photography and videography of the entire sports meet including opening & closing ceremony.
- Additional support staff necessary for the smooth conduct of the EMRS Sports meet in compliance with labour laws.
- Medical-aid, Transportation, Booking of Sports Infrastructure/ Play grounds etc. for EMRS National Sports Meet, if required other than EMRS Ground.

Note- No expenditure will be reimbursed for repairing & maintenance/ developing of playground/ field/ Arena/ ring/ Track.



4th EMRS National Sports Meet 2025-26

SECTION - I

FLAG COLORS ALLOTTED TO THE STATE/ UT EMRS SOCIETIES:

(Flags and Flag Poles to be provided by the host State/UT)

S.No.	STATE/ UT	ALLOTTED COLOURS FOR JERSEY	FLAG COLOUR
1.	Andhra Pradesh	Violet with Magenta.	Violet
2.	Arunachal Pradesh	Violet with White.	Purple
3.	Assam	Purple with grey.	Lavender
4.	Bihar	-	-
5.	Chhattisgarh	Indigo with Pink.	Magenta
6.	Dadra & Nagar Haveli, Daman & Diu	Indigo with Sky Blue.	Royal Blue
7.	Gujarat	Royal Blue with White.	Navy Blue
8.	Himachal Pradesh	Royal Blue with Yellow.	Steel Grey
9.	Jammu & Kashmir	Blue with Pink.	Pastel Green
10.	Jharkhand	Blue with Grey.	Green
11.	Karnataka	Sky Blue with Navy Blue.	Olive Green
12.	Kerala	Sky Blue with Magenta.	Florescent Green
13.	Ladakh	Green with Grey.	Dark Grey
14.	Madhya Pradesh	Green with White.	Pale Yellow
15.	Maharashtra	Bottle Green with Brown.	Mustard Yellow
16.	Manipur	Bottle Green with Magenta.	Lemon Yellow
17.	Meghalaya	Yellow with Green.	Coffee
18.	Mizoram	Yellow with Red.	Orange
19.	Nagaland	Lemon Yellow with Purple.	Brown
20.	Odisha	Lemon Yellow with Brown.	Peach
21.	Rajasthan	Orange with Brown.	Beige
22.	Sikkim	Orange with Green.	Red
23.	Tamil Nadu	Magenta with White.	Pink
24.	Telangana	Magenta with Grey.	Maroon
25.	Tripura	Red with Green.	Burgundy
26.	Uttar Pradesh	Red with Blue.	Blizzard Blue
27.	Uttarakhand	Maroon with Yellow.	Sky Blue
28.	West Bengal	Maroon with White.	Turquoise (blue-green)

Note: -

For playing Kit & Track Suit, sublimation design may be chosen.

AGE GROUP & NO. OF PARTICIPANTS/ TEAM COMPOSITION

Each participant under-14 may participate in up to three events excluding relay, while participants in the Under-19 category may participate in up to four events excluding relay. If a participant is already registered in one event and selected for others within the permissible limit, no separate participant will be assigned for those events. Duplicate participation in the same event is strictly not allowed.

ATHLETICS (Track & Field):

S. No.	Event	No. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	100 M	1	1	1	1
2.	200 M	1	1	1	1
3.	400 M	1	1	1	1
4.	4 * 100 M relay	4	4	4	4
5.	800 M	No Event	No Event	1	1
6.	1500 M	No Event	No Event	1	1
7.	4 * 400 M relay	No Event	No Event	4	4
8.	3 KM Walk	No Event	No Event	No Event	1
9.	5 KM Walk	No Event	No Event	1	No Event
10.	100 m Hurdle	No Event	No Event	No Event	1
11.	400 M hurdle	No Event	No Event	1	No Event
12.	High Jump	1	1	1	1
13.	Long Jump	1	1	1	1
14.	Shotput	1	1	1	1
15.	Discuss Throw	1	1	1	1
16.	Triple Jump	No Event	No Event	1	1
17.	Pole Vault	No Event	No Event	1	1
18.	Javelin Throw	No Event	No Event	1	1

ATHLETICS- SPECIFICATION OF EQUIPMENTS, WEIGHT & HEIGHT AS PER SGFI NORMS.

S. No.	Equipment Weights/ Heights	Boys		Girls	
		U-14	U-19	U-14	U-19
1.	100 M Hurdles	---	---	---	0.762 M
2.	400 M Hurdles	---	0.838 M	---	0.762 M
3.	Shot Put	4.0 Kg	5.0 Kg	3.0 Kg	3.0 Kg
4.	Discuss Throw	1.0 Kg	1.5 Kg	1.0 Kg	1.0 Kg
5.	Hammer Throw	---	5.0 Kg	---	3.0 Kg
6.	Javelin Throw	---	700 g	---	500 g

SWIMMING:

S. No.	Event	No. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	50 m free style	1	1	1	1
2.	100 m free style	1	1	1	1
3.	200 m free style	1	1	1	1
4.	4* 100 m free style relay	4	4	4	4
5.	50 m back Stroke	1	1	1	1
6.	100 m back Stroke	1	1	1	1
7.	200 m back Stroke	1	1	1	1
8.	50 m breast stroke	1	1	1	1
9.	100 m breast stroke	1	1	1	1
10.	200 m breast stroke	1	1	1	1
11.	50 m butterfly	1	1	1	1
12.	100 m butterfly	1	1	1	1
13.	200 m butterfly	1	1	1	1

BOXING:

(only one participant per weight category per State is allowed)

Under - 14

S.No.	Weight category	Boys	Weight category	Girls
1.	28-30	1	30-32	1
2.	30-32	1	32-34	1
3.	32-34	1	34-36	1
4.	34-36	1	36-38	1
5.	36-38	1	38-40	1
6.	38-40	1	40-42	1
7.	40-42	1	42-44	1
8.	42-44	1	44-46	1
9.	44-46	1	46-48	1
10.	46-48	1	-----	----
11.	48-50	1	-----	----
Total		11	-----	09

Under - 19

S.No.	Weight category	Boys	Weight category	Girls
1.	42-46	1	42-45	1
2.	46-49	1	45-48	1
3.	49-52	1	48-51	1
4.	52-56	1	51-54	1
5.	56-60	1	54-57	1
6.	60-64	1	57-60	1
7.	64-69	1	60-64	1
8.	69-75	1	64-69	1
9.	75-81	1	69-75	1
10.	81-91	1	75-81	1
11.	91 & above	1	81 & above	1
Total		11	-----	11

JUDO:

(only one participant per weight category per State is allowed)

Under - 14

S. No.	Weight Category	Boys	Weight category	Girls
1.	21-25	1	18-23	1
2.	25-30	1	23-27	1
3.	30-35	1	27-32	1
4.	35-40	1	32-36	1
5.	40-45	1	36-40	1
6.	45-50	1	40-44	1
7.	50 +	1	44+	1
Total		07	-----	07

Under - 19

S.No.	Weight category	Boys	Weight category	Girls
1.	36-40	1	32-36	1
2.	40-45	1	36-40	1
3.	45-50	1	40-44	1
4.	50-55	1	44-48	1
5.	55-60	1	48-52	1
6.	60-66	1	52-57	1
7.	66-73	1	57-63	1
8.	73-81	1	63-70	1
9.	81-90	1	70+	1
10.	90+	1	-----	---
Total		10	-----	09

KABBADI:

Kabaddi	Group	Under - 19		
Weight Category & Court	Boys	Below 70 Kg	Court Size	13*10 M
	Girls	Below 65 Kg		12*8 M

TAEKWONDO:

(only one participant per weight category per State is allowed)

Under - 14

S.No.	Weight category	Boys	Weight category	Girls
1.	21-23	1	18-20	1
2.	23-25	1	20-22	1
3.	25-27	1	22-24	1
4.	27-29	1	24-26	1
5.	29-32	1	26-29	1
6.	32-35	1	29-32	1
7.	35-38	1	32-35	1
8.	38-41	1	35-38	1
9.	41 & above	1	38 & above	1
Total		09		09

Under - 19

S.No.	Weight category	Boys	Weight category	Girls
1.	42-45	1	36-40	1
2.	45-48	1	40-42	1
3.	48-51	1	42-44	1
4.	51-55	1	44-46	1
5.	55-59	1	46-49	1
6.	59-63	1	49-52	1
7.	63-68	1	52-55	1
8.	68-73	1	55-59	1
9.	73-78	1	59-63	1
10.	78 & above	1	63-68	1
11.	-----	---	68 & above	1
Total		10	-----	11

WEIGHT LIFTING:*(only one participant per weight category per State is allowed)***Under - 19**

S.No.	Weight category	Boys	Weight category	Girls
1.	44-50	1	40-44	1
2.	50-56	1	44-48	1
3.	56-62	1	48-53	1
4.	62-69	1	53-58	1
5.	69-77	1	58-63	1
6.	77-85	1	63-69	1
7.	85-94	1	69-75	1
8.	94-105	1	75 & above	1
9.	105 & above	1	---	
Total		09	-----	08

WRESTLING (FREE STYLE):*(only one participant per weight category per State is allowed)***Under - 14**

S.No.	Weight category	Boys	Weight category	Girls
1.	35	1	30	1
2.	38	1	33	1
3.	41	1	36	1
4.	44	1	39	1
5.	48	1	42	1
6.	52	1	46	1
7.	57	1	50	1
8.	62	1	54	1
9.	68	1	58	1
10.	75	1	62	1
Total		10	-----	10

Under - 19

S.No.	Weight category	Boys	Weight category	Girls
1.	57	1	50	0
2.	61	1	53	1
3.	65	1	55	1
4.	70	1	57	1
5.	74	1	59	1
6.	79	1	62	1
7.	86	1	65	1
8.	92	1	68	1
9.	97	1	72	1
10.	125	1	76	1
Total		10	-----	10

OTHER EVENTS:

S. No.	Event	Maximum no. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	Archery (Total)	6	6	6	6
	Indian Round	4	4	4	4
	Recurve Round	1	1	1	1
	Compound	1	1	1	1
2.	Badminton (Total)	3	3	3	3
	Single	1	1	1	1
	Double	2	2	2	2
	Note: The State/ UT is allowed to participate in one single & one double.				
3.	Basket Ball	---	---	8	8
4.	Chess	3	3	3	3
5.	Foot Ball	---	---	15	15
6.	Gymnastics (Total)	7	7	7	7
	Acrobatic (individual)	2	2	2	2
	Floor (individual)	2	2	2	2
	Rhythmic (group)	3	3	3	3
	Note: A child is allowed to participate in one individual and one group event.				
7.	Hand Ball	---	---	10	10
8.	Hockey	---	---	16	16
9.	Kabaddi	---	---	10	10
10.	Kho-Kho	---	---	12	12
11.	Volley Ball	---	---	9	9
12.	Tennis (Total)	3	3	3	3
	Singles	1	1	1	1
	Doubles	2	2	2	2
	Note: The State/ UT is allowed to participate in one single & one double.				
13.	Shooting (Total)	3	3	3	3
	10m open sight Air Rifle	1	1	1	1
	10m peep sight Air Rifle	1	1	1	1
	10 m Air Pistol	1	1	1	1

S. No.	Event	Maximum no. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
	Note: A child is allowed to participate in one event only.				
14.	Table Tennis (Total)	3	3	3	3
	Singles	1	1	1	1
	Doubles	2	2	2	2
	Note: The State/ UT is allowed to participate in one single & one double.				
15.	Yoga (Total)	7	7	7	7
	Artistic (single)	1	1	1	1
	Artistic (pair)	2	2	2	2
	Rhythmic (Group)	3	3	3	3
	Traditional	1	1	1	1

List of Asanas are as below:

The Yogasana Competition will include the following Asanas:

Group A:

1. Paschimottanasana (**Note: Elbow must touch the floor.**)
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Note: Competitor can perform purna Dhanurasana)
5. Ardh Matsyendrasana
6. Uttan Padasana

Group B:

7. Chakrasana
8. Kukutasana
9. Shirsasana
10. Bakasana
11. Bhujangasana
12. Purna Shalabhasana

Group C:

13. Sankhyasana (Note: Knee should not touch the floor.)
14. Vyaghrasana

15. Urdhva Kukutasana
16. Utthita Tithibhasana
17. Padama Mayurasana
18. Utth Padhustasana

1. The asanas of group 'A' to be performed and retained for age group Under 14 (U-14) years - 1 minute and for age group Under 19 (U-19) years 2 minutes.
2. The asanas of group 'B' are to be performed and retained for 15 (fifteen) seconds for age group under 14 years, while for under 19 asanas are to be performed and retained for 30 (thirty) seconds.
3. The asanas of group 'C' are to be performed and retained for ten seconds for all the age groups.
4. At the time of competition, asanas from group 'A' & group 'B' will be assigned by draw system on the spot. While in group 'C', anyone asana can be selected by the player. Every participant has to perform three asanas. Separate draws will be made for boys & girls' section.
5. Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A', 'B' and 'C'. In addition to this, two any other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus, a total of 5 asanas are to be performed by all the competitors. Each asana will obtain 10 marks and thus a competitor will be given marks out of a total of 50 marks.
6. For optional of voluntary asanas, categories will be clarified as 'A', 'B' & 'C' grade. 'A' grade will include asanas, which has balance factor and flexibility of torso and waist. It will also include risk factor. For example, the standing Vruchik asana. Asanas with only flexibility (without balance) will be in 'B' grade. For example, Dimbasana, Deepasana and Vruchikasana. Other asanas are in 'C' grade. For 'A' grade asana marking will be out of 10 marks, for 'B' grade out of 8 marks and for 'C' grade marking will be out of 06 marks. The category of the asanas will be decided by the penal of judges on their discretion.

MAXIMUM STRENGTH OF CONTINGENT PER STATE/UT

S. No.	Name of the event/game	Boys		Girls	
		U-14	U-19	U-14	U-19
Individual or Semi-Team Sports					
1.	Archery	06	06	06	06
2.	Athletics	10	20	10	20
3.	Badminton	03	03	03	03
4.	Boxing	11	11	09	11
5.	Chess	03	03	03	03

6.	Gymnastics	07	07	07	07
7.	Judo	07	10	07	09
8.	Tennis	03	03	03	03
9.	Shooting	03	03	03	03
10.	Swimming	13	13	13	13
11.	Table Tennis	03	03	03	03
12.	Taekwondo	09	10	09	11
13.	Weight Lifting	00	09	00	08
14.	Wrestling (Free Style)	10	10	10	10
15.	Yoga	07	07	07	07
Sub-total		95	118	93	117
Team Sports					
1.	Basket Ball	---	8	---	8
2.	Football	---	15	---	15
3.	Handball	---	10	---	10
4.	Hockey	---	16	---	16
5.	Kabaddi	---	10	---	10
6.	Kho-Kho	---	12	---	12
7.	Volley Ball	---	9	---	9
Sub-total		---	80	---	80
Total		95	198	93	197

Maximum Strength of a Contingent per State/ UT = 583

(Signature)

SPORTS PLAYING KIT, TRACK SUIT & ACCESSORIES

S. No.	Items	Games/ Events
1.	Track Suit	All Events
2.	T-Shirts & Shorts	All Events
3.	Playing Kit (As per federation norms)	Athletics, Swimming, Taekwondo, Judo, Skating, Yoga and Boxing
4.	Shoes (Jogger) & Socks / Stockings	All Events
5.	Playing Shoes / Studs / Running Spikes / Ring Shoes/ Mat shoes	Boxing/ Kabaddi/ Taekwondo/ Athletics/ Football/ Hockey/ Tennis/ Badminton/ Basketball etc.
6.	Blazer (Coat)	All Events as per Modalities
7.	Protection / Guard - i.e. Arm Guard, Leg Guard (Shin), Abdominal Guard, Chest Guard Gum Guard, Patti, Gloves, Helmet, Skates, Goggles, Swimmer's Cap etc.	As per Games if required
8.	Sports Caps in Regional colors	All Events
9.	Scarf /Wrist Band,	All Events
10	Duffel/ kit bag for Participants (15 Inches -Drum Shape)	All Events
11.	Knee Caps/Anklets/ Wristband (As per games)	Kabaddi/ Volleyball / Kho-Kho / Hockey/ Football (as and when require)
12.	Racket/Bat (As per games & requirement)	Badminton /Table-Tennis / Tennis
13.	Hockey Sticks	Hockey as per requirement
14.	Common Accessories / equipment's(Carry - Back)	• Hockey -Goal Keeper Kit. • Boxing- Gloves & Head Gear. • Taekwondo-Head Gear & Chest Guard. • Leg & Arm – Guard/ Pad.

Note: Standardized and Branded Playing materials/Items/ Accessories should be provided.

EMRS National Sports Meet 2025-26

State/UT/Unit

Certificate of Eligibility

Age Group: under 14/19 Boys /Girls

Latest Photo
Name with date
duly Attested by the
Principal Head
Master with Stamp

1.	Name of the Participant (In Block letters)	
2.	Father's Name (In Block Letters)	
3.	Mother's Name (In Block Letters)	
4.	Name of the School (In Block Letters)	
5.	Full Address of School (In Block Letters)	
6.	School's Phone No. with Code No.	
7.	Date of Birth (i) In Fig. (DD/MM/YYYY) (ii) In Words	
8.	Aadhaar No.	
9.	Passport No. (if available)	
10.	Discipline	
11.	Age as on 31 December 2025	___Years ___Months ___Days
12.	Permanent Address & Phone / Mob. No. (In Block Letters)	
13.	Admission No. & Year of Admission	
14.	Date of Joining the School	
15.	Standard & Section Studying this year	
16.	Standard Studying last year	
17.	Bank Detail of participant (If no then mention Mother/Father A/C No.)	Name of Account Holder: Bank: A/C No.: IFSC:
18.	Personal Identification Marks:	1. 2.
19.	Signature of the Participant	

Certificate:

1. Certified that the above participant is a bona fide student of this Institution for the academic year.
2. Certified that I have personally verified the admission records maintained in the school and found correct.
3. It is understood in the event of information furnished above found to be partly or wholly untrue, the above student is liable to be disqualified for a period of two years. In case the student is a member of the team, then the team is liable to be disqualified as a whole.

Signature of Principal

Signature of Competent Authority
of the State/UT EMRS Society

Stamp

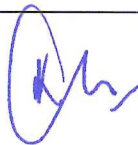
Stamp:

For Office Use Only

Eligible / Not Eligible

Name of Invigilator: _____

Sign. of Invigilator: _____



4th EMRS National Sports Meet 2025-26

EMRS
(UnderState/ UT EMRS Society)

F. No.....

Dated.....

Sh. / Smt.:

Parents of Master/Miss:

Class & Section:

Subject - Information and Consent letter for Participation/ Selection in Sports -regarding.

Dear Sir/Madam,

1. Your ward Master/Miss..... Class..... section.....has been selected to represent the school in (name of sport) in EMRS State Level/ National Sports Meet 2025-26 at Venue from...../...../20.. to/ /20....

2. The Student will be escorted by EMRS teachers/Staff/Other and the Boarding and Lodging expenditure will be borne by the concerned authority. In case the student is selected to represent EMRS at a higher level, he/she will have to participate, the venue and date of events will be informed by the EMRS/Concerned Authority.

3. Furthermore, though the Escort/Teacher will always strive to take the best care of the students, it is expected from you to counsel your child to be always disciplined and obeys the instructions of the teachers to ensure his/her own physical safety and maintain the decorum.

The EMRS/ State/UT EMRS Society/ NESTS/ Organizing Authority/ or the Escorting teachers / Staff shall not be held responsible for any Injury/ Damage /Loss / Mishappening due to non-obedience of the student.

5. He/she will follow Instructions/ Guidelines for selection and participation in Sports activities/competition.

6. You are requested to read the instructions carefully and give your consent in the prescribed Performa.

(.....)
PGT/TGT (PET)
Mobile No.....

(.....)
Principal



The Principal
EMRS

Subject- Acceptance Letter by the Parents for Participation of their ward in Sports Activities/Competition regarding.

Sir/Madam,

With reference to your letter No.....dated,
I....., Father/Mother of Master/ Miss....., Class.....,
Section....., of EMRS (..... State), hereby state that **I HAVE NO OBJECTION IN SENDING MY WARD/DAUGHTER/SON** for participation
in (name of sport) in EMRS State Level/ National Sports Meet 2025-26 at Venue
..... from...../...../20.. to/...../20....

I hereby agree to all the conditions mentioned therein and give my consent to his/ her participation. Further, in case of his/her the selection for higher level if found eligible, I shall not withdraw him/her from that level except in exceptional cases with due permission of State/ UT EMRS Society. I shall also instruct & counsel him/ her to strictly follow the directions & instructions of the Escorts/Teacher/Coach. I shall not hold EMRS/ State/UT EMRS Society/ NESTS responsible for anything arising out of the failure of my ward to follow the instructions and in case of non-selection of ward at any level.

I am submitting my consent letter along with Medical/Fitness certificate. I have full trust in EMRS/ State/UT EMRS Society/ NESTS as regard to participation of my ward in EMRS State Level/ National Sports Meet. I and my Family will neither violate any rule nor go against the instructions/decisions of Authority at any stage in the subject of sports participation/selection / Result.

Date:/...../.....

Parent's Signature:

Name of Parent:

Relationship with the Student:

Phone Number:

Address:

.....

4th EMRS National Sports Meet 2025-26

FORMAT OF MEDICAL FITNESS CERTIFICATE

(To be obtained from an authorized Medical Practitioner)

I hereby certify that I have carefully examined Master/ Miss S/o/ D/o Sri
..... whose signature is given
below and based on my examination, I certify that Master/ Miss
..... is fit / unfit for participating in EMRS State Level/ EMRS
National Sports Meet 2025-26.

Mark of identification:

Signature of the candidate:

Place :

Date :

Name & Signature of Doctor with Registration Number & seal

