

KARATE

1.1 Date

13th of September 2024

1.2 Time

8.00 am onwards

1.3 Venue

Indoor Gymnasium, University of Colombo.

2. Rules & Regulation

2.1 The competition will be conducted in accordance with the Rules and Regulations of the World Karate Federation, Sri Lanka Karate-Do Federation & Tournament rules laid down by the Department of Physical Education of the University of Colombo

2.2 Type of competition

- Individual Kata (Men/Women)
- Individual Kumite (Men/Women)

2.3 Weight Categories

Men	Women
-50.0 kg	- 45.0 kg
-55.0 kg	- 50.0 kg
- 60.0 kg	-55.0 kg
- 67.0 kg	- 61.0 kg
-75.0 kg	- 68 kg
-84.0 kg	+ 68.0 kg
+84.0 kg	

2.4 Individual Kata event will be conducted as an open event. Each Faculty/Institute is authorized to enter [2] participants.

2.5 Individual Kumite event will be conducted under weight categories and each Faculty/Institute is authorized to enter [2] participants. However, in the event that the both participants belong to the University Karate Team, a provision allows for the inclusion of a third player in the competition.

2.6 Will inform the faculty coordinators of a date for weighing and it takes place in the Physical Education Department. Every player must come and be weighed on that day. All absentees will be disqualified from the competition. Draws will be drawn on the same day.

- 2.7 If the player's weight does not tally with the entry form, he or she won't be allowed to play for the event.
- 2.8 Players can wear bottoms and a white t-shirt or their karate kits.
- 2.9 Players should be present on the mat, by wearing all the guards when their names are been called for the event.
- 2.10 Players should cut short the nails, and remove earrings, hair clips, and bangles which can harm others and that will be checked during the registration.
- 2.11 The duration of a Kumite match will be 1 minutes and 30 seconds. Only the semi final and final matches will be 2 minutes.
- 2.12 Both kata and Kumite matches will be point-based.
- 2.13 If there are a considerable number of players for the kata event, 2 rounds will be taken. The same kata cannot be done in both rounds.
- 2.14 Kumite guards are supplied from the university. But the players should have their mouth guards and if not, player will be disqualified.
- 2.15 All players must attend at least 6 sessions conducted by the team prior to the tournament. Otherwise those players will be disqualified.

3. Points

The following points system will be awarded for team Championship.

Position	Individual Events
1 st Place	7
2 nd Place	5
3 rd Place	3

SWIMMING

1.1 Date & Time

25th of September 2024 from 12:00 Noon to 4.00 p.m.

1.2 Venue

Thurstan College Swimming Pool

2. Rules & Regulations

2.1 The Championship will be held in accordance with the rules and regulations of the federation International De National Amateur (FINA) as adopted by the Sri Lanka Aquatic Sports Union of Sri Lanka (SLASU) and by the Department of Physical Education of the University of Colombo.

2.2 Each Faculty/Institute is authorized to enter [2] participants.

2.3 Each swimmer is allowed to participate in 3 events excluding the relays. Furthermore a swimmer is allowed to do 4 events if the swimmer is taking part in the individual medley event.

3. Points

The following points system will be awarded for team Championship.

Position	Individual Events	Relays
1 st Place	7	10
2 nd Place	5	7
3 rd Place	4	5
4 th Place	3	3
5 th Place	2	2
6 th Place	1	1

4. Following events will be conducted at this competition.

<i>Girls Events</i>	<i>Event Descriptions</i>	<i>Boys Events</i>
1	200m Free Style	2
3	100m Backstroke	4
5	50m butterfly	6
7	100m Freestyle	8
9	25m Butterfly	10
11	100m Breaststroke	12
13	100m Medley	14
15	25m × 4 Medley relay	16
Interval		
17	25m Freestyle	18
19	50m Backstroke	20
21	50m Breaststroke	22
23	25m Breaststroke	24
25	100m Butterfly	26
27	25m Backstroke	28
29	50m Freestyle	30
31	25m × 4 Free relay	32
Prize Giving		

Inter-Faculty Championship - 2024

Department of Physical Education

University of Colombo

Sport : **Karate (Men)**

Faculty / Institute :

Date :

ENTRY FORM - Kumite

Weight Class	No.	Name with Initials	Registration Number	Signature
Below 50kg	1			
	2			
(50-55) kg	1			
	2			
(55-60) kg	1			
	2			
(60-67) kg	1			
	2			
(67-75) kg	1			
	2			
(75-84) kg	1			
	2			
Above 84kg	1			
	2			

ENTRY FORM - Kata

No.	Name with Initials	Registration Number	Signature
1			
2			

Name of the team captain: -.....

.....
Signature

Contact No : -.....

I hereby certify the above mentioned students are internal students of the above mentioned Faculty/ Institute.

.....
Instructor /PE (Faculty Representative)

.....
Signature of Dean / Director / AR

Stamp

Contact: - Ms. Wasantha Rathnayake (Instructor in Physical Education) - 071 8834468

Inter-Faculty Championship - 2024

Department of Physical Education

University of Colombo

Sport : **Karate (Women)**

Faculty / Institute :

Date :

ENTRY FORM - Kumite

Weight Class	No.	Name with Initials	Registration Number	Signature
Below 45 kg	1			
	2			
(45-50) kg	1			
	2			
(50-55) kg	1			
	2			
(55-61) kg	1			
	2			
(61-68) kg	1			
	2			
Above 68 kg	1			
	2			

ENTRY FORM - Kata

No.	Name with Initials	Registration Number	Signature
1			
2			

Name of the team captain: -.....

.....
Signature

Contact No : -.....

I hereby certify the above mentioned students are internal students of the above mentioned Faculty/ Institute.

.....
Instructor /PE (Faculty Representative)

.....
Signature of Dean / Director / AR

Stamp

Contact: - Ms. Wasantha Rathnayake (Instructor in Physical Education) - 071 8834468

Inter-Faculty Swimming Championship - 2024

Department of Physical Education

University of Colombo

Faculty/ Institute :

Date :

Entry Form

Men

Women

No.	Name and Registration Number	25m Freestyle	50m Freestyle	100m Freestyle	200m Freestyle	25m Back Stroke	50m Back Stroke	100m Back Stroke	25m Breast Stroke	50m Breast Stroke	100m Breast Stroke	25m Butterfly	50m Butterfly	100m Butterfly	100m Indivi. Medley
01.															
02.															
03.															
04.															
05.															
06.															
07.															

No.	Name and Registration Number	25m Freestyle	50m Freestyle	100m Freestyle	200m Freestyle	25m Back Stroke	50m Back Stroke	100m Back Stroke	25m Breast Stroke	50m Breast Stroke	100m Breast Stroke	25m Butterfly	50m Butterfly	100m Butterfly	100m Indivi. Medley
08.															
09.															
10.															
11.															
12.															
13.															
14.															

- One Student can apply only for a maximum of three events excluding relays and IM

Name of the team captain: -.....

.....
Signature

Contact No : -.....

I hereby certify the above mentioned students are internal students of the above mentioned Faculty/ Institute.

.....
Instructor /PE (Faculty Representative)

.....
Signature of Dean / Director / AR

Stamp

Contact: - Mr. Wasantha Rathnayake (Instructor in Physical Education) - 071 8834468