

TECHNICAL HANDBOOK

INTER FACULTY FRESHERS' CHAMPIONSHIP - 2025



**Department of
Physical Education**
University of Colombo



Inter Faculty Freshers' Championship 2025

General and Technical Regulations

Abbreviations of affiliated Faculties, Campus, Schools & Institutes of the University of Colombo.

<i>Faculties, Campus & Institutes</i>		<i>Code</i>
1.	Faculty of Arts	FOA
2.	Faculty of Education	FOE
3.	Faculty of Indigenous Medicine	FIM
4.	Faculty of Law	FOL
5.	Faculty of Management & Finance	FMF
6.	Faculty of Medicine	FOM
7.	Faculty of Nursing	FON
8.	Faculty of Science	FOS
9.	Faculty of Technology	FOT
10.	Sri Palee Campus	SPC
11.	University of Colombo School of Computing	UCSC

General and Technical Regulations for Inter Faculty Fresher's Championship 2025

01. General Regulations

The sports events of the Inter Faculty Freshers' Championship shall be organized in accordance with the most modern technical rules of the International / National Body of the relevant sports unless adopted by the Department of Physical Education of the University of Colombo.

All championships will be conducted by Knout base. (Except Chess & Scrabble)

02. Eligibility

2.1 All competitors should be full time registered 1st year internal undergraduate of University of Colombo.

(If any of the participants does not come under above (2.1) the whole team will be disqualified.)

2.2 Entry Forms should be certified by the Dean, DR/SAR/AR, Representative of Sports Advisory Board or Instructor in Physical Education of relevant Faculties/Campus/Schools/Institutes.

03. Entries

- 3.1 Only one team can take part from one Faculty for each sport.
- 3.2 Maximum number of competitors for individual sports (Athletics, Swimming & Karate) is mentioned under the rules and regulation of relevant sport.
- 3.3 Entry Forms should be handed over to the Department of Physical Education on or before **14th of November 2025 at 12.00 Noon**
- 3.4 Draws meeting will be held in the **Morning of relevant competition date.**

04. Jury of Appeal

- 4.1 During the competition, any protest must be submitted in writing to the Jury of Appeal or to the Coordinator of the tournament of the relevant sport by the representative of sports advisory board or any other competent authority representing the Faculties/ Campus/ Schools/ Institutes. Such protests must be submitted not later than thirty minutes after the official announcement of the results of the relevant competition, last event, game or match.
- 4.2 Any decision of the Jury of Appeal of a sport is final
- 4.3 The composition of the Arbitration Board shall be as follows.
 - i. Chairman of the Sports Advisory Board - **Chairman**
 - ii. Acting Director of Department of Physical Education - **Secretary**
 - iii. Master in-charge of relevant sport
 - iv. One Instructor in physical Education
 - v. Captain of the relevant sport

05. Walkover

Every team should report at the registration table before the giving time ahead of the commencement of their respective match. Any team will be considered a Walkover to their opponent after relevant time according to sport from their scheduled starting time of the match.

06. Point System

- 6.1 Number of participating Faculties/ Campus/ Schools/ Institutes should be more than four to award point to relevant Sport discipline.
- 6.2 Following point system shall be taken into account to decide the overall ranking of Faculties/ Campus/ Schools/ Institutes.

Champions	7 Points
1st Runners-up	5 Points
2nd Runners-up	3 Points
3rd Runners-up	2 Points
Participation	1 Point (Faculty wise representation)

BADMINTON

1. Date & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 The competition will be conducted in accordance with the Rules and Regulations of the Badminton World Federation, Sri Lanka Badminton Association and Tournament Rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 The following Team Championships will be conducted.
 - Team championship – Men
 - Team championship – Women
- 2.3 Each team should consist of a minimum of 5 players and a maximum of 8 players.
- 2.4 The competition will be held in knockout basis
- 2.5 The matches would be played using nylon shuttles.
- 2.6 The Preliminary round and Quarter final of the tournament would consist of 2 singles and 1 double. It shall commence with singles and if no decision, followed by double. A team is considered as the winner of the tie when that team won two matches. Each player can play only one match.
- 2.7 The semi finals and finals would consist of 3 singles and 2 doubles. It shall commence with singles and if no decision, followed by double. A team is considered as the winner of the tie when that team won three matches. A Competitor can play only in one single event and one double event. Competitors who had played in single events shall not be permitted to combine together to play in a double event.
- 2.8 The captain should hand over the team declaration form to the Tournament Coordinator 20 minutes prior to the commencement of the match. The declaration should consist of the order of play and no further alterations will be permitted.
- 2.9 Any team does not present match/event after 10 minutes from their scheduled time for the match/event will be considered to have given a **WALK-OVER** to their opponents.
- 2.10 Scoring system will be decided according to the number participating teams.

BASEBALL

1 Date & Venue

As on the attached schedule

2 Rules & Regulations

- 2.1 The Competition will be conducted in accordance with the Rules and Regulations of the International Baseball Federation, Sri Lanka Amateur Baseball Softball Association (SLABSA) and tournament Rules laid down by the Department of Physical Education of the University of Colombo
- 2.2 The following Team Championship will be conducted
 - Team championship – Men
- 2.3 The competition will be held in knockout basis
- 2.5 Game Conduct, Line –Up Procedures: Submit provisional line-up card to Head Scorer at least 30 minutes before the game time. At Home Plate meeting, bring official line up to home plate umpire-if any changes, inform home plate umpire of that with new official line up. An injury or other extraordinary reason should be the only reason for changes in the provisional line up.
- 2.6 Each team should consist of a minimum of 8 players and a maximum of 18 players.
- 2.7 If there are 10 runs difference at the end of the 1st inning, match will be awarded to the leading team except in the Finals/ Consolation Finals. In the finals & Consolation Finals, if there are 10 runs difference at the end of the 2nd inning, match will be awarded to the leading team.
- 2.8 Playing Rules - Catcher will be provided for each game if needed.
- 2.9 Equipment -All the necessary equipment (helmets, bats, gloves, balls) will be provided
- 2.10 Each match will be ended after 45 minutes except the finals and consolation finals which will play for 1 hour.
- 2.11 In case of a score tie when time ends a tie breaker inning with home force and one out will be played to determine the winner.
- 2.12 Speed up rules will be applied.
- 2.13 No base advancements if the catcher misfields any pitches or throws.

BASKETBALL

1. **Date & Venue**

As on the attached schedule

2. **Rules & Regulations**

- 2.1 The competition will be conducted with the Rules and Regulations of the International Basketball Federation (FIBA) adopted by the Sri Lanka Basketball Federation and Department of Physical Education of the University of Colombo
- 2.2 The following team championship will be conducted
 - Team championship – Men
 - Team championship – Women
- 2.3 Team should be reported to the table, 30min before scheduled match time. If a team is not present after 15 min of scheduled time and walk over will be granted to opposite side.
- 2.4 The competition will be held in knockout basis
- 2.5 Match procedure and timing will be decided according to the number participating teams
- 2.6 Match Duration
 - Up to semifinals - Men, Women
6 minutes running clock - 2 halves (2 minutes break, 1 minute time out)
 - From semifinals onwards - Men
7 minutes stop clock - 2 halves (2 minutes break, 1-minute time out)
 - From semifinals onwards - Women
6 minutes stop clock - 2 halves (2 minutes break, 1-minute time out)
- 2.7 In case of tie - 3 minutes stop clock

BEACH VOLLEYBALL

1. Date & Venue

As on the attached schedule

2. Rules & Regulations

2.1 The Championship will be conducted in accordance with the new Rules and Regulations of the International Volleyball Federation (FIVB) which are adopted, by the Sri Lanka Volleyball Federation (SLVF) and the tournament rules laid down by the Department of Physical Education of the University of Colombo.

2.2 The following championships will be conducted

- Men Team Championship
- Women Team Championship

2.3 Maximum no. of players per team is two & there are no extra players

2.4 Two women's teams and two men's teams can be participated for one Faculty.

2.5 Scoring system will be decided according to the number participating teams.

2.6 All matches will be held on the Knockout system

BOXING

1. Dates & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 All first games of the event will be performed by all the teams, each with a maximum of four players and minimum of two players.
- 2.2 Components of the first-round events are as follows,
 - Punching bag (3 min) × 1
 - Shadow boxing (3 min) × 1
 - Skipping (3 min) × 1
- 2.3 Top four teams based on scores, may proceed to semi finals (single-elimination) and repeat the above workouts.
- 2.4 The winners of semi finals will compete on followings.
 - Punching bag (2 min) × 1
 - Shadow boxing (2 min) × 1
 - Skipping (2 min) × 1
- 2.5 Final contest of the event will take place as follows.
 - Punching bag (1 min) × 1
 - Shadow boxing (1 min) × 1
 - Skipping (1 min) × 1

CARROM

1. Dates & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 The Championship will be conducted in accordance with the Rules and Regulations of the International Carom Federation, Sri Lanka Carom Federation and tournament Rules laid down by Department of Physical Education of the University of Colombo.
- 2.2 The following team championship will be conducted
- Team championship – Men
 - Team championship – Women
- 2.3 The matches will be played on the basis of 25 points or 30 minutes time limit whichever comes first. Maximum points at 30min or completion of 25 points before 30min will be considered as a match win.
- 2.4 Each team should consist of a minimum of 5 players and a maximum of 8 players.
- 2.5 The competition will be held in knockout basis
- 2.6 Each tie consists of 3 singles and 2 doubles. It shall commence with singles and if no decision, followed by double. A team is considered as the winner of the tie when that team won three matches. A Competitor can play only in one single event and one double event. Competitors who had played in single events shall not be permitted to combine together to play in a double event.
- 2.7 The captain should hand over the team declaration form to the Tournament Coordinator 20 minutes prior to the commencement of the match. The declaration should consist of the order of play and no further alterations will be permitted.
- 2.8 Any team does not present match/event after 10 minutes from their scheduled time for the match/event will be considered to have given a **WALK- OVER** to their opponents.

CHESS

1. Dates & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 The Championship will be conducted in accordance with the Rules and Regulations of the International Chess Federation, Sri Lanka Chess Federation and tournament Rules laid down by Department of Physical Education of the University of Colombo.
- 2.2 The following team championship will be conducted
 - Team championship – Men
 - Team championship – Women
- 2.3 The competition will be held in knockout basis
- 2.4 Each faculty will be allowed to present 1 team from each category men and women
- 2.5 A team should comprise of a maximum of eight members including 2 drop (reserve) players and a minimum six players.
- 2.6 Entry forms of the teams can be updated until 1st round starts. The players will be registered in a board order in which they should play the whole tournament. For each round, 2 players will be dropped, and the remaining six players will play the round according to the board order.
- 2.7 The time control will be 10+5 minutes each. (10 minutes for each player and 5 seconds will be added per move)
- 2.8 Making an illegal move will result in the addition of two minutes to the opponent's time while the second illegal move loses the game.
- 2.9 The team which wins 3.5 or more points out of six games will win the match. In any case where the match ends with 3-3 for each team a replay will be played between the two teams at a time control of 3+2. In any case if that match is also drawn a game between 2 players nominated by the respective captains will be conducted under Armageddon rules and the result will be considered.
- 2.10 Colours of teams for each match will be decided by a toss before starting the match.
- 2.11 Any team is not present at the table after 10 minutes from the start of the round will be considered to have given a walk over to their opponents.

If you have any clarifications please feel free to contact the Captains & vice Captains of this year

CRICKET

1. Dates and Venue

As on the attached schedule

2. Rules & Regulation for Men's Competition

- 2.1 The Championship will be conducted in accordance with the Rules and Regulations of the International Cricket Council (ICC), Sri Lanka Cricket, and tournament Rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 The following team championship will be conducted
- Team Championship – Men
 - Team Championship – Women
- 2.2 The men's team should comprise a minimum of 11 players and 4 additional substitute players (summing up to a maximum of 15 players). The women's team should comprise a minimum of 6 players and 4 additional substitute players (summing up to a maximum of 10 players)
- 2.3 The competition will be held on a knockout basis
- 2.4 Men's competition will be played in hardball on a matting. (6 overs)
- 2.5 Women's competition will be played in softball. (5 Overs)
(Bowlers can be use maximum 2 overs)
- 2.6 **No** bowler is allowed to bowl more than **one** over.
- 2.7 **Men** – The power play will be applied in the first two overs.
Women – No power plays will be applied.
- 2.8 ICC rules will be applied for wide and no balls. (1 run and an extra ball, **free hit** for no balls)
- 2.9 A super-over will be played if a match ends in a tie. If the super over is tied, the number of wickets taken throughout the entire match will be taken into account. If the number of wickets is also tied; the number of boundaries is taken into consideration. If this is also tied, the winner will be determined by a coin toss.
- 2.10 Any team that does not participate in the match/event after 10 minutes from their scheduled time for the match/event will be considered to have given a WALK-OVER to their opponents.

ELLE

1. Dates and Venue

As on the attached schedule

2. Rules & Regulation

- 2.1 The Competition will be conducted in accordance with the Rules and Regulations of the Sri Lanka Elle Federation and tournament rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 The following team championship will be conducted
- Team championship – Men
 - Team championship – Women
- 2.3 Each team should consist of a minimum of 12 players and a maximum of 20 players.
- 2.4 The competition will be held in knockout basis
- 2.5. Number of balls per inning will be decided according to the number participating teams. The match consists of 20 balls.
- 2.6 In case of tie, the winner will be determined by giving an opportunity for team players on each side to score in five (05) additional deliveries (to any amount of players.). If it is still equal toss of a coin to decide the winner.
- 2.7 Any team does not present match/event after 10 minutes from their scheduled time for the match/event will be considered to have given a WALK- OVER to their opponents.

FOOTBALL

1. Date & Venue

As on the attached schedule

2. General Rules & Regulations

2.1 The Championships will be conducted in accordance with the rules and regulations of the International Football Federation (FIFA), Football Federation of Sri Lanka (FFSL) as adopted by the Department of Physical Education of the University of Colombo.

2.2 The following team championship will be conducted

- Men Team championship
- Women Team championship

2.3 The competition will be held in knockout basis

2.4 All players must have proper boots, shin guards and stockings.

2.5 Referees' decision will be the final.

3. Rules & Regulations for Men's competition

3.1 Each team should consist of a minimum of 11 players and a maximum of 18 players.

3.2 Can make 5 substitutions in 5 attempts during a match.

3.3 Match will consist of two half of 15 minutes and 5 minutes interval in half time. (The duration of the matches can vary depending on the number of participating teams)

3.4 If the match ends in a draw, it will be decided in penalties (Best of 5). If still equal, then winner will be established by drawing lots

3.5 Full ground will be used for matches.

4. Rules & Regulations for Women's competition

4.1 Each team should consist of a minimum of 07 players and a maximum of 12 players.

4.2 Can make 3 substitutions in 3 attempts during a match.

4.3 Match will consist of two half of 07 minutes and 3 minutes interval in half time. If the match ends in a draw, it will be decided in penalties (Best of 5). If still equal, then winner will be established by drawing lots

4.4 Matches will be played across the Hockey half ground with hockey goal posts (goalkeeper is allowed to use their hands to prevent the ball from entering the goal)

HOCKEY

1. Date and Venue

As on the attached schedule

2. Rules & regulations

- 2.1 The Competition will be conducted in accordance with Rules & Regulation of the World Hockey Federation and Sri Lanka Hockey Federation as adopted by the Department of Physical Education of the University of Colombo
- 2.2 The following team championship will be conducted
 - Team championship - Men's
 - Team championship- Women's
- 2.3 The tournament will be a 7-A side tournament, each team should consist of a minimum of 07 players and a maximum of 09 players.
- 2.4 The competition will be held in knockout basis
- 2.5 Application of Warning Cards on Players.
 - Green card - 1-minute suspension from the play
 - Yellow card - 2-minutes suspension from the play
 - 2 yellow cards - one-match suspension (next match)
 - Red card - suspended from the tournament
- 2.6 Match duration-
 - Preliminary round and Quarterfinals will consist of two halves of 7 minutes and 1 minutes interval in half time.
 - Semifinals, consolation final and final will consist of two halves of 10 minutes and 2 minutes interval in half time.
- 2.7 If the match ends in a draw, it will be decided in penalties (Best of 3). If the scores are level after each team has taken three penalties, the penalties continue into 'sudden death', where penalties are taken alternately until one team has scored more than the other team after the same number of kicks. If still equal after 5 penalties the winner will be decided by a toss of a coin.
- 2.8 A toss is conducted when there is a color clash between two teams. The team that lost must give the consent to change the color.
- 2.9 Any team does not present match/event after 10 minutes from their scheduled time for the match/event will be considered to have given a WALK- OVER to their opponents.

KABADDI

1. Date and Venue

As on the attached schedule

2. Rules & regulations

- 2.1 The Competition will be conducted in accordance with Rules & Regulation of the World Kabaddi Federation and Sri Lanka Kabaddi Federation as adopted by the Department of Physical Education of the University of Colombo
- 2.2 The following team championship will be conducted
 - Team championship - Men's
 - Team championship- Women's
- 2.3 Each team should consist of a minimum of 07 players and a maximum of 12 players.
- 2.4 The competition will be held in knockout basis
- 2.5 Boys – 85Kg Girls – 75Kg
- 2.6 Match consists of two halves each as long as 10 min with interval of 5 min. (Boys) And 8min with interval of 5min (Girls) . The last raider of each half of the match gets to complete the raid even after completion of the time.
- 2.7 1 point for each member made out.
2 additional points if all the members are made out.
- 2.8 Each team has chance to take 2 'Time Outs' of 30 seconds in each half.
It is called by captain, coach or any member with the permission of the referee.
The team must stay on ground, if violated, a technical point is given to opponents
- 2.9 5 reserved players can be substituted.
If any player is suspended, no substitutions are allowed for that particular player. Team plays with less number of players.
Substitution is not allowed for out players.
It is done during time outs or interval.
- 2.10 Bonus point is active when there are minimum of 6 players in the court.
1 point is awarded to the raider if he crosses the bonus line. If the raider gets caught, the opponent team will also be awarded 1 point.
There is no revival for bonus point.
The raider will not be awarded bonus point if he crossed the line after a touch or struggle.

KARATE

1. Date & Venue

As on the attached schedule

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.

2.6 Will inform the faculty coordinators of a date for weighing and it takes place in the Physical Education Department. Every players 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 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

NETBALL

1. Date & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 The championship will be conducted in accordance with the rules and regulation of the International Netball Federation, Netball Federation of Sri Lanka as adopted by the Department of Physical Education, University of Colombo
- 2.2 Each team should consist of a minimum 05 players and maximum of 12 players for this tournament.
- 2.3 The competition will be held in knockout basis
- 2.4 Preliminary round and Quarterfinals will consist of two half of 7 minutes and 2 minutes interval in half time.
- 2.5 Semifinals, consolation final and final will consist of two half of 10 minutes and 3 minutes interval in half time.
- 2.6 In a case of a tie, extra time of 2 minutes will be provided and will continue until a winner is emerged.
- 2.7 Choice of the first pass or side shall be awarded to the winner of the coin toss.
- 2.8 Each player should enter the court with their position clearly marked.
- 2.9 No timeouts are allowed throughout the tournament.
- 2.10 Players should be dressed appropriately (Preferred dress code – a t-shirt and a skirt) and suitable footwear must be worn at all times.
- 2.11 Nails need to be trimmed and hair should be done in a way that will not harm the other players. (metal hair bands are not allowed)
- 2.12 Jewelry such as earrings, necklaces and hand bands are not allowed during the match.
- 2.13 The decision of the umpire shall be considered final.

WEIGHTLIFTING

1. Date & Venue

As on the attached schedule

2. Rules & Regulation

- 2.1 The Championship will be conducted in accordance with the Rules and Regulations of the World Weightlifting Federation, Weightlifting Federation of Sri Lanka and tournament Rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 Weight categories
Men's (8 classes) - 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, 110kg+
Women's (8 classes) - 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, 86kg+
- 2.3 Each Team from each faculty should consist of 8 players and 2 Players reserved
- 2.4 A captain should be assigned to each team
- 2.5 A maximum of two players are allowed per each weight class from one team.
- 2.6 If any Team is having two players for a certain weight class, then the respective team will lose the chance in competing in another weight class.
- 2.7 Weighing of Every Player will be taken place at the Indoor Stadium. All teams should be present at the premises by 6.00 am.
- 2.8 There will be 3 Professional Judges for the competition and their decision will be the final decision. Please prevent from interfering to any decision made by the professionals which might lead to deduction of points of the respective teams.
- 2.9 The Snatch and the Clean & Jerk are the 2 events held at the competition.
- 2.10 3 Attempts will be given to each player in every event at the Competition day.
- 2.11 If any player fails all 3 attempts in any event as per mentioned, the respective player will not be able to compete further in the next event and will be disqualified.
- 2.12 Total weight of the maximum performances in both events will be taken when deciding the 1st, 2nd and 3rd places of the respective weight classes.

ROAD RACE - 6 km

1. Date & Venue

As on the attached schedule

2. Time

5:45 am

3. Rules and Regulations

- * Only men can participate from each & every Faculty.
- * Positions of the first five will be considered for the team championship
- * **Please submit the medical reports issued by a qualified medical officer.**
Please note that medical report is compulsory and without the medical reports no one can participate the event under any circumstances.
- * Eight safety pins (08) should be brought by all the athletes.
- * Entry Forms should be handed over to the Department of Physical Education on or before **14th of November 2025 at 12.00 Noon**

4. Contacts Details

In-Charge : Ms. Nayanthi Chandrasena
Mobile : 0768475235
Whatsapp : 0712697564
Email : nayanthisl@gmail.com

Captains :

Captain - W. M. T. G. Thennakoon - 077 97 30 171
Vice-Captain - W. G. Lahiru Wellangiriya - 077 54 49 717

ROWING (Indoor)

1. Date & Venues

As on the attached schedule

2. Rules & Regulation

- 2.1 The Regatta will be conducted in accordance with the rules and regulations of the World Amateur Rowing Association (FINA), Amateur Rowing Association of Sri Lanka as adopted by the Department of Physical Education of the University of Colombo.
- 2.2 The following team championship will be conducted
Team championship - Men's
Team championship- Women's
- 2.3 Women's team should consist of 4 members and 1 reserve member.
The men's team should consist of 4 members and 1 reserve member.
- 2.4 The women's Rowing race would be a 2km relay race where 4 people will be rowing 500m each on a transition basis.
The men's Rowing race would be a 2km relay race where 4 people will be rowing 500m each on a transition basis.
- 2.5 The timer wouldn't be stopped for athlete transitions, therefore no timeouts once the race begins.
- 2.6 The win will be on which team registers the fastest time (lower is better).
- 2.7 The teams that register the best 8 timing will be selected to the quarter finals irrespective of the faculty, and from there will be proceeded as knockout rounds.
- 2.8 All matches will be held on the Knockout system
- 2.9 Players should be dressed appropriately in sports attire. (Preferably have shorts and t-shirts).

RUGBY

1. Date & Venues

As on the attached schedule

2. Rules & Regulation

- 2.1 The competition will be conducted in accordance with the rules and regulations of the International Rugby Football board (IRB), Sri Lanka Rugby football Union (SLRFU) as adopted by the Department of Physical Education, University of Colombo.
- 2.2 The following team championship will be conducted
 - Men Team championship
 - Women Team championship
- 2.3 The competition will be held in knockout basis

3. Men Competition

- 3.1 Preliminary round and Quarterfinals will consist of two half of 7 minutes and 2 minutes interval in half time.
- 3.2 Semifinals will consist of two half of 10 minutes and 3 minutes interval in half time. consolation final and final will consist of two half of 10 minutes and 3 minutes interval in half time.
- 3.3 Each team should consist of a minimum of 10 players and a maximum of 15 players. The game will be played in 10's format (10 players a side with 5 reserve players)
- 3.4 Games will be played using the full ground (Length:100m, Width:60m)
- 3.5 If any match is drawn, an extra time of 2 min will be played. If a draw after extra time three 22-meter three drop kick attempts will be provided for both sides, the team with more successful attempts will win. If drawn during the drop kicks, a coin toss will be used to decide the winners

4. Women Competition

- 4.1 Each team should consist of a minimum of 05 players and a maximum of 10 players.
- 4.2 The game will be played in 5 a side tag matches. no restrictions in substituting (any player can be substituted multiple times).
Each team will receive 3 tags to attack, after 3 tags are removed, ball is turned over to the other team in which the defending team should remove 3 tags to win the ball again.
- 4.3 Kicking the ball is not allowed
- 4.4 Preliminary round will be played for a total 5 minutes with 2 minutes breaks. Quarter final onwards will be played for a total 7 minutes with 3 minutes breaks.
1 Try equal to 1 point. (If drawn, winner will be selected through coin toss for all games)
- 4.5 If any match is drawn, an extra time of 1 minute will be played. If drawn after extra time a coin toss will be used to decide the winners

SWIMMING

1. Date & Venue

As on the attached schedule

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
30	25m × 4 Free relay	32
Prize Giving		

SCRABBLE

1. Date & Venue

As on the attached schedule

2. Rules & Regulations

- 2.1 Each team should consist of a minimum of 03 players and a maximum of 05 players and 03 reserves.
- 2.2 Each round will consist of 5 games, with 3 wins needed for a round win. in the event a team fails to field 5 players , the opposing team would be awarded wins for the remaining boards.
- 2.3 Swiss pairing system will be used with repeats enabled.
- 2.4 In the event of odd number of teams, the team placed last will be awarded a bye. The bye will include a round win with, 3 game wins. One team shall only be awarded one bye in the tournament.
- 2.5 If two teams are equal, winner will be decided by using following system.
Round wins (2 round points for a win)
Game wins (2 game points each for a win)
Margins
- 2.6 One round will be 50 minutes.
(25 minutes per each player is considered standard. If a player requests for the use of a clock according to the WESPA rules the opponent should oblige)
- 2.7 Lexicon – CSW24
- 2.8 Challenging – 5 points per each correct word.

TABEL TENNIS

1. Date & Venue

As on the attached schedule

2. Rules & Regulation

- 2.1 The Championship will be conducted in accordance with the Rules and Regulations of the International Table Tennis Federation (ITTF), the Table Tennis Association of Sri Lanka (TTASL) and tournament rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 The following Team Championships will be conducted.
 - Team championship – Men
 - Team championship – Women
- 2.3 Each team should consist of a minimum of 03 players and a maximum of 05 players.
- 2.4 A match will be composed of three singles and two reverse singles event. A team is considered the winner of the match when that team wins three events out of five.
- 2.5 A match will consist of three sets. In the absence of time constraints, matches of final will consist of five sets.
- 2.6 White attire will not be allowed.
- 2.7 The competition will be held on a knockout basis

TAEKWONDO

1. Date & Venue

As on the attached schedule

2. Rules & Regulation

- 2.1 The tournament will be held in compliance with the rules and regulations of the World Taekwondo Federation (WTF) as adopted by the Taekwondo Federation of Sri Lanka with the tournament rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 All the competitors should attend to the weigh-in procedure, otherwise he/she could not include in the competition draw.
- 2.3 Competitors should attend to at least 80% of the practices, to participate in the competition.

3. Type of Competition

Individual Sparring (Men/Women)

Individual Poomsae (Men/ Women)

Team Poomsae (Men/ Women)

4. Weight Categories sparring (kyorugi) (Men/Women)

Men	Women
01) Below – 54.0kg	01) Below – 46.0kg
02) 54.0 – 58.0kg	02) 46.0 – 49.0kg
03) 58.0 – 63.0kg	03) 49.0 – 53.0kg
04) 63.0 – 68.0kg	04) 53.0 – 57.0kg
05) 68.0 – 74.0kg	05) 57.0 – 62.0kg
06) 74.0 – 80.0kg	06) 62.0 – 67.0kg
07) 80.0 – 87.0kg	07) 67.0 – 73.0kg
08) Above +87.0kg	08) Above +73.0kg

5. Time and Conditions

Type of Match	Number of Round	Time Duration
Preliminary rounds	3	1 minutes
Final	3	1 minutes

For the Sparring Events, Maximum number of two (02) competitors can be registered for each weight category. **Only one** competitor could be participated for the competition. For the Individual Poomsae Events **One** competitor & Team Poomsae Events **one team** could be participated for the competition. A team must consist of 03 players. Only Taegeuk 1 Jang must be performed for both individual and team Poomsae event.

6. Points

The following points system will be awarded for team Championship.

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

After the end of all events team getting the highest aggregate score emerges champions followed by runners-up and 3rd place and 4th place respectively.

7. Walk Over

The player should report at the registration table after the particular announcement of match. Any player could not report registration table Within 15 minutes after the final announcement of their match will be considered a walk over to their opponent.

TENNIS

01. Dates & Venue

As on the attached schedule

02. Rules & Regulation

- 2.1 The competition will be conducted in accordance with the rules and regulations of the World Tennis Association, Sri Lanka Tennis Association and tournament rules laid down by Department of Physical Education of the University of Colombo.
- 2.2 The following championships will be conducted
 - Men Team Championship
 - Women Team Championship
- 2.3 Faculties may register both men's and women's teams for the championship with each team consisting of a minimum of 4 players and a maximum of 8 players.
- 2.4 A match will be composed of two single events and one double event. A team is considered the winner of the match when that team wins two events out of three. A match shall commence with single and if no decision followed by doubles.
- 2.5 A competitor can play only in one match, either a single or double.
- 2.6 First to won four Games will be considered as the winner of the match. All matches playing with advantage.

TRACK & FIELD

1. Date & Venue

As on the attached schedule

2. Rules & Regulation

2.1 The Track and Field competition of the Inter Faculty Freshers' Championship will be organized in accordance with the most recent technical regulations of the IAAF as adopted by the Athletic Association of Sri Lanka (AASL) and Department of Physical Education of the University of Colombo

2.2 The following championships will be conducted

- Men Team Championship
- Women Team Championship

2.3 **Please submit the medical reports for 5000m event issued by a qualified medical officer.**

Please note that medical report is compulsory and without the medical reports no one can participate the event under any circumstances.

2.4 For individual events

Maximum five members can participate in each event.

Maximum 3 events per individual (without relay participation)

2.5 Men/ Women best athlete select from tournament.

2.6 Medicines / Spikes not given for events. Each faculty sport coordinators should responsible for that.

2.7 Every athlete should come 1hr before for event registration.

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

VOLLEYBALL

1. Date & Venues

As on the attached schedule

2. Rules & Regulation

2.1 The Championship will be conducted in accordance with the new Rules and Regulations of the International Volleyball Federation (FIVB) which are adopted, by the Sri Lanka Volleyball Federation (SLVF) and the tournament rules laid down by the Department of Physical Education of the University of Colombo.

2.2 The following championships will be conducted

- Men Team Championship
- Women Team Championship

2.3 Maximum No. of players per team is limited to 14. The following criteria must be complied with,

- If there are 14 players in the squad, it is mandatory to have two libero players in it.
- If there are 13 players in the squad, same rule will be applicable as mentioned above.
- If there are 12 or less than 12 players in the squad, can be played with or without a libero player (Not necessary to have a libero player)

2.4 All matches will be held on the Knockout system

2.5 Scoring system will be decided according to the number participating teams.

WRESTLING

1. **Date & Venue**

As on the attached schedule

2. **Rules & Regulation**

- 2.1 The tournament will be held in compliance with the rules and regulations of the International Federation, Sri Lanka Wrestling Federation and tournament rules laid down by the Department of Physical Education of the University of Colombo.
- 2.2 Each match consists of 3 rounds. The player who will win 2 out of 3 rounds will be the winner.
- 2.3 The time duration for each round is 2 minutes. When nobody scores a round win for all 3 rounds, the match will go for an extra 1-minute round.
- 2.4 Both the players must hold the opponent's belt with one hand all the time.
- 2.5 A player will win a round when,
 - a. The opponent loses both hands off the belt
 - b. The opponent touches the ground with one hand or one knee.
 - c. The opponent tackled down to the ground.
- 2.6 When a player tackles/throws the opponent in a way such that his shoulders touch the ground directly, that player will win the match immediately.
- 2.7 The referee's decision will be the final decision and all the players should respect the decision.
- 2.8 All the general rules of Inter Faculty Freshers' apply in this tournament.
- 2.9 All the players must wear a short and t-shirt that fits the body.
- 2.10 All the players must cut nails and have to remove their necklaces, piercing, wrist bands before the match.
- 2.11 All the players must inform the captain if they are suffering from any short term or long term disease before the match.
- 2.12 All the players must join the tournament of their free will and without any third party's interference