

Dear Students

BVN is celebrating its Annual Sports Day 2020-21 on 6th February, 21 online for classes 6th to 12th. All students interested to participate and to follow details of the sports events as mentioned below.

**BVN SPORTS DAY 2020-21**  
**6<sup>th</sup> February 2021**

**Events**

<b>Classes/Category</b>	<b>Event</b>	<b>Category</b>
Class 6 Boys	Skipping the rope	Class 6 Girls
Class 7& 8 Boys	Wall toss	Class 7& 8 Girls
Class 9&10 Boys	Speed Bounce challenge	Class 9&10 Girls
Class 11&12 Boys	Yoga- Surya namaskar	Class 11&12 Girls

**General Instructions**

1. All participants have to record a video of their performance **(in MP4 format)** as per the rules of the events.
2. Participants must perform in a sports wear available with them along with sports shoes (except yoga).
3. The performance recorded must be an **unedited version** with a pleasant background in proper lighting (preferably day light).
4. While recording the video, kindly ensure that you follow all the required norms as required for the better judgement. (Refer to the events rules and regulations)
5. Videos to be mailed latest by 28.01.2021(Thursday) at the following mail address.  
For skipping rope – [tarun7sports@gmail.com](mailto:tarun7sports@gmail.com)  
For Wall Toss - [s.rawat711@yahoo.com](mailto:s.rawat711@yahoo.com)  
For Speed Bounce Challenge - [alokaqua@hotmail.com](mailto:alokaqua@hotmail.com)  
For Yogasnas - [bsrinivas4343@gmail.com](mailto:bsrinivas4343@gmail.com)
6. In the subject of the mail mention – **Name, class & Sec., Event (For eg. – Prakshi Gupta, 6A, Skipping Rope)** and **mobile number, sch. No.** in the text of the mail.
7. Any video which doesn't have clarity to judge will not be considered for competition.
8. The best performers as per the norms will be awarded the positions in each event.
9. The winners in each category will be announced on Sports Day, 6<sup>th</sup> February 2021.

**Note-:** The videos mailed will be considered for the final judgement to decide the positions. If a participant sends more than one video, only the first one will be considered for the competition.

### **Events' Rules & Regulations**

#### **Skipping the rope** (Equipment- Skipping Rope)

1. A participant to do continuous skipping for 1 minute without any break.
2. 60 skips and above in a minute will be considered for the judgement.
3. The positions will be decided on the basis of highest number of skips.
4. Do use flat & non slippery surface, wearing shoes & with clear visibility from head to toe while skipping.

#### **Wall Toss** (Equipment- Tennis Ball)

1. Stand 2-3 mtrs. away from a plain wall, facing the wall.
2. Using underhand technique, throw the ball on the wall and catch it with the other hand and with the same hand throw it on the ball and catch it with the other hand.
3. Complete the alternate hand wall toss for 30 seconds.
4. The maximum number of correct catches will be counted for the judgement.

#### **Speed Bounce Challenge** (Equipment- A regular size pillow)

1. Place a pillow vertically flat on the floor and stand on one side of the pillow.
2. With the start of the stopwatch start hopping from one side to the other side of the pillow with both your feet together.
3. Maximum number of continuous & correct hops in 30 sec will be recorded for the judgement.

#### **Surya Namaskar/ Sun Salutation** (Equipment- A yoga mat/Non-slippery rug)

1. One complete round of surya namaskar to be performed with clear view of all the steps. Hold each position/step for 3 sec.
2. The performance will be judged on the basis of factors like correct body posture, transition phase, uniformity, aesthetic, proper breathing, the requisite body alignment, stability & flexibility.
3. The best performances will be awarded for the positions.