



## Information

**Date:** Sunday, 19<sup>th</sup> July 2026

**Time:** 9:00 am to 4:00 pm

**Venue:** Dadar Parsi Colony Gymkhana

## Rules & Regulations

1. This event is open to registered XYZ Juniors, Members, Seniors, Parents & Volunteers and Silvers.
2. The registration fee is 400 XYROZ or Rs. 400/- and includes transportation and lunch.
3. To register for this event, the member has to submit an online registration form and registration fee (ONLINE / CASH / XYROZ) by Sunday, 12th July, 2026, and a screenshot to their group volunteers.
4. **Each team in an age group will have 7 members ONLY.**
5. Every team member must be dressed in:
  - their group t-shirt or colour
  - track pants or shorts (**no jeans or skirts**)
  - studs / sneakers / sports shoes (**no crocs/sandals/floater/chappals**)
6. Buses will be arranged to pick up the teams from assigned locations and time. The same will be communicated closer to date.
7. If any participant fails to report on time at the pick – up point, he/she will have to make his/her own arrangements to arrive at the venue.  
**NO PARKING IS AVAILABLE AT THE VENUE**
8. Complete team has to be present at the time of reporting at the venue.
9. The decision of the Organising Committee will be final and binding.



## Age Groups

Juniors - Aged 2, 3, 4, 5 & 6 years

Under 10 - Members aged 7, 8 & 9 years

Under 13 - Members aged 10, 11 & 12 years

Under 17 - Members aged 13, 14, 15 & 16 years

Seniors - Aged 15 to 25 years

Parents & Volunteers - Must be an XYZ Mom or Dad

Silvers - Aged 55 years and above

**Note: A member can participate in only 1 team in any age group, ie. his/her own age group or a higher age group.**

**Eg. A 9 year old child can participate in the Under 10 OR Under 13 OR Under 17 age group - Any one of these age groups.**



## Competitions

### **Juniors - Aged 2, 3, 4, 5 and 6 years**

- Football Penalty Kicks
- Bucketball

### **Under 10 - Members aged 7, 8 & 9 years**

- Dodgeball
- Football

### **Under 13 - Members aged 10, 11 & 12 years**

- Dodgeball
- Handball

### **Under 17 - Members aged 13, 14, 15 & 16 years**

- Football
- Throwball

### **Seniors - Aged 15 to 25 years**

- Handball
- Bucketball

### **Parents & Volunteers - Must be an XYZ Mom or Dad**

- Throwball
- Hit the Wicket

### **Silvers - Aged 55 years and above**

- Hit the Wicket
- Football Penalty Kicks



## Juniors - Aged 2, 3, 4, 5 and 6 years

### **FOOTBALL PENALTY KICKS**

- Each player will get 5 kicks to shoot into the goal.
- Every time the player scores, he/she moved behind and takes the next kick from a further distance.
- Each player of the team must participate.
- The total number of goals scored will be counted for the entire team.

### **BUCKETBALL**

- Buckets will be placed at different distances each carrying a certain number of points.
- The entire team will be given a time limit of 2 minutes to bucket the smiley balls provided.
- Teams will receive points according to the number of balls in the bucket.



## Under 10 - Members aged 7, 8 & 9 years

### **FOOTBALL**

- Each team will play with 7 players on the field.
- There will not be a fixed goalkeeper.
- The person defending the goal cannot use his hands to stop the goals.
- All rounds will be played for 5 minutes per half.
- All other regular rules of football will apply.
- The decision of the referee will be final.

### **DODGEBALL**

- 1 team will form a circle to throw the ball.
- The other team will send 1 of its members at a time to dodge.
- To get a dodger out, the ball must hit him/her below the waist.
- The dodger cannot block the ball with his hands.
- Each team will get 3 minutes to dodge.
- If all the players of the team are out within those 3 minutes, the 1<sup>st</sup> player of the dodging team will re-enter, and the series will continue till the time is up.
- The team that gets maximum number of players out in 3 minutes will be the winner.



## Under 13 - Members aged 10, 11 & 12 years

### **HANDBALL**

- Each team will play with 7 players on the field.
- There will not be a fixed goalkeeper.
- Goals have to be scored by throwing the ball in the goal.
- Ball can be passed from one player to another by throwing.
- A ground ball can belong to either team.
- A ball can be "snatched" only when it is in mid-air.
- Any physical contact or snatching the ball from the player's hands is a foul.
- All rounds will be played for 5 minutes a half.
- The decision of the referee will be final.

### **DODGEBALL**

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- The team that gets maximum number of players out in 3 minutes will be the winner.



## Under 17 - Members aged 13, 14, 15 & 16 years

### **FOOTBALL**

- Each team will play with 7 players on the field.
- There will not be a fixed goalkeeper.
- The person defending the goal cannot use his hands to stop the goals.
- All rounds will be played for 5 minutes per half.
- All other regular rules of football will apply.
- The decision of the referee will be final.

### **THROWBALL**

- Teams will play against each other as decided by the draws.
- Each team will play with 7 players on the field.
- All other regular rules of throwball are applicable.
- The decision of the referee will be final.



## Seniors - Aged 15 to 25 years

### **HANDBALL**

- Each team will play with 7 players on the field.
- There will not be a fixed goalkeeper.
- Goals have to be scored by throwing the ball in the goal.
- Ball can be passed from one player to another by throwing.
- A ground ball can belong to either team.
- A ball can be "snatched" only when it is in mid-air.
- Any physical contact or snatching the ball from the player's hands is a foul.
- All rounds will be played for 5 minutes a half.
- The decision of the referee will be final.

### **BUCKETBALL**

- Buckets will be placed at different distances each carrying a certain number of points.
- The entire team will be given a time limit of 2 minutes to bucket the smiley balls provided.
- Teams will receive points according to the number of balls in the bucket.



## Parents & Volunteers - Must be an XYZ Mom or Dad

### **THROWBALL**

- Teams will play against each other as decided by the draws.
- Each team will play with 7 players on the field.
- All other regular rules of throwball are applicable.
- The decision of the referee will be final.

### **HIT THE WICKET**

- Wickets will be placed at one side.
- Players will get 1 over (6 balls) to throw it at the wicket and hit them.
- Once a player hits the wicket, he/she moves further away and throws from there.
- The entire team will participate and the total number of times the ball hits the wicket will be counted.



## Silvers - Aged 55 years and above

### **HIT THE WICKET**

- Wickets will be placed at one side.
- Players will get 1 over (6 balls) to throw it at the wicket and hit them.
- Once a player hits the wicket, he/she moves further away and throws from there.
- The entire team will participate and the total number of times the ball hits the wicket will be counted.

### **FOOTBALL PENALTY KICKS**

- Each player will get 5 kicks to shoot into the goal.
- Every time the player scores, he/she moved behind and takes the next kick from a further distance.
- Each player of the team must participate.
- The total number of goals scored will be counted for the entire team.