



गोंय विद्यापीठ

ताळगांव पठार

गोंय - ४०३ २०६

फोन: +९१-८६६९६०९०४८



(Accredited by NAAC)

Goa University

Taleigao Plateau, Goa - 403 206

Tel : +91-8669609048

Email : registrar@unigoa.ac.in

Website: www.unigoa.ac.in

SPORTS SECTION

Tel: 8669609018/8669609075

No.18/01/23-SS/1105

Email: sports@unigoa.ac.in

Date: 18/08/2023

To,

The Principal/Dean of Colleges

Participating in Inter-Collegiate Championships 2023-2024.

Sub: First Phase Inter-Collegiate Championships 2023-2024 detailing of Tennikoit onwards.

Respected Sir/Madam,

Please Find Below Details for **Tennikoit (M & W)** and **Taekwondo (M & W), Power Lifting (W), Best Physique (M) and Football (M & W)**

1. TENNIKOIT FOR MEN AND WOMEN

- The Inter-Collegiate Tennikoit Championship will be held from 29th August to 1st September 2023 at Jubilee hall Taleigao, Plateau Goa.
- The championship will be conducted according to the rules as adopted by Tennikoit Federation of India, unless, otherwise modified in the rules.
- The number of players in a team shall be minimum 2 and maximum 5.
- The last date to send the withdrawals, if any is on **22/08/2023 till 5.00 p.m.**
- Participating teams should submit their eligibility Performa in excel sheet format through email to sports@unigoa.ac.in latest by **24/08/2023 till 5.00 p.m.**
- College Directors of Physical Education and Sports must ensure that all the participants are medically fit and their medical certificate be collected and kept in the record of the college. Goa University will not ask for medical certificates and also will not be responsible for any medical complications.
- All the teams must carry their own first aid kits.

2. TAEKWONDO FOR MEN & WOMEN

- The Inter-Collegiate Taekwondo Championship will be held from **4th to 7th September 2023** at University Jubilee hall Taleigao, Plateau Goa from 9:30 a.m. onwards.
- The championship will be conducted according to the rules as adopted by Taekwondo Federation of India, unless, otherwise modified in the rules.
- A College can enter two Competitors in each weight category. Names to be submitted weight wise in proper entry form.

- iv) Unofficial weighing check will be available till 9:30 a.m. **Athlete will get only one chance to give official weighing and it will be final.**
- v) The Championship will be conducted in these weight categories:**Men: upto & including 54 Kgs, 58 Kgs, 63 Kgs, 68 Kgs, 74 Kgs, 80 Kgs, 87 Kgs & above 87 Kgs categories.**
For Women: Upto & including 46 Kgs, 49 Kgs, 53 Kgs, 57 Kgs, 62 Kgs, 67 Kgs, 73 Kgs & above 73 Kgs categories.
- vi) Official Weighing for first category will begin at 9:30 a.m and will be taken for max. 30 minutes, followed by other categories.

Sr. No. /Date	04/09/2023 - Men	05/09/2023 –Men	06/09/2023 -Women	07/09/2023 - Women
1	Upto & Incl. 54 Kg	Upto & Incl. 74 Kg	Upto & Incl. 46 Kg	Upto & Incl. 62 Kg
2	Upto & Incl. 58 Kg	Upto & Incl. 80 Kg	Upto & Incl. 49 Kg	Upto & Incl. 67 Kg
3	Upto & Incl. 63 Kg	Upto & Incl. 87 Kg	Upto & Incl. 53 Kg	Upto & Incl. 73 Kg
4	Upto & Incl. 68 Kg	Above 87 Kgs	Upto & Incl. 57 Kg	Above 73 Kg

- vii) The last date to submit eligibility & detailed entry to University Sports Section by email to sports@unigoa.ac.in in soft copy format (Excel/Word file) is 26th August 2023.
- viii) All the colleges are also required to register their participants through google form link given below:
<https://forms.gle/tQTGg9AXjj84wGkdA> by 26th August 2023.
- ix) Minimum number of Competitors in each category shall be four to conduct the event. (After Completion of the Weighing).
- x) College Directors of Physical Education and Sports must ensure that all the participants are medically fit and their medical certificate be collected and kept in the record of the college. Goa University will not ask for medical certificates and also will not be responsible for any medical complications.
- xi) All the teams must carry their own first aid kits.

3. POWER LIFTING FOR WOMEN

- i) The Inter-Collegiate Power Lifting (Women) Championship will be held from 12th to 14th September 2023 at University Jubilee Hall from 09.30 a.m. onwards in the following weight categories:

Upto & including 47 Kgs, 52 Kgs, 57 Kgs, 63 Kgs, 69 Kgs, 76 Kgs, 84 Kgs & Above 84 Kgs categories

- ii) A College can enter **only two Competitors in each weight category.** Names to be submitted in proper weight wise/detailed entry form.
- iii) All the participants in first two weight categories shall report and be ready for official weighing from 9:30 a.m onwards followed by other categories. Max 15-20 minutes will be given for a Weighing of each category. Date of the competition for each category will be intimated after receiving the detail entries considering the number of competitors in each category.
- iv) Unofficial weighing check will be available till 9:30 a.m. **Athlete will get only one chance to give official weighing and it will be final.**

- v) There should be minimum **4 participants** in each category for the competition to be conducted.
- vi) Last date to submit eligibility & weight wise entry form to University Sports Section by email at sports@unigoa.ac.in in a soft copy format (excel/word file) is **04/09/2023**.
- vii) All the colleges are also to register their participants through google form link given below:
<https://forms.gle/qBaTwsCBkKS85KraA> by 4th September 2023
- viii) The minimum starting qualifying weight for Squats, Bench Press and Dead Lift in each category is as follows:
Squats: 60kg, Bench: 30kgs, Deadlift: 80kgs
- ix) College Directors of Physical Education and Sports must ensure that all the participants are medically fit and their medical certificate be collected and kept in the record of the college. Goa University will not ask for medical certificates and also will not be responsible for any medical complications.
- x) All the teams must carry their own first aid kits.

4. BEST PHYSIQUE FOR MEN

- i) The Inter-Collegiate Best Physique Championship will be held on 15th September 2023 at University Jubilee Hall from 9.30 a.m. onwards in the following weight categories:
 - 1. Up to & Including 60 Kgs.
 - 2. Up to & Including 65 Kgs.
 - 3. Up to & Including 70 Kgs.
 - 4. Up to & Including 75 Kgs.
 - 5. Up to & Including 85 Kgs.
 - 6. Above 85 Kgs.
- ii) A College can enter only two Competitors in each weight category. Names to be submitted in weight wise proper entry form.
- iii) Unofficial weighing check will be available till 9:30 a.m. **Athlete will get only one chance to give official weighing and it will be final.**
- iiii) All the participants shall report and be ready for official weighing from 9:30 a.m onwards. Max 15-20 minutes will be given for a Weighing of each category.
- ivi) There should be minimum **4 participants** in each category for the competition to be conducted.
- vi) Last date to submit eligibility & weight wise entry form to University Sports Section by email at sports@unigoa.ac.in in a soft copy format (excel/word file) is **07/09/2023**.
- vii) All the college are also required to register their participants through google form link given below:
<https://forms.gle/QCZDSGC5gxiJZ3CC8> by 7th September 2023
- viii) College Directors of Physical Education and Sports must ensure that all the participants are medically fit and their medical certificate be collected and kept in the record of the college. Goa University will not ask for medical certificates and also will not be responsible for any medical complications.
- viii) All the teams must carry their own first aid kits.

5. FOOTBALL FOR MEN & WOMEN

- i) The Inter-Collegiate Football Championship will be held from **27th September, 2023** onwards at University ground, Taleigao Plateau Goa and Rosary ground
- ii) Matches shall be played according to the rules of the All India Football Federation, unless, otherwise modified in these rules.
- iii) The number of players in a team shall not be more than 20.
- iv) Matches up to pre-quarter stage will be of 35-10-35 and thereafter 45-10-45 minutes duration.
- v) Participating teams should report 30 minutes prior to their scheduled match time in proper playing kit.
- vi) The last date to send the withdrawals, if any is on **09/09/2023 till 5.00 p.m.**
- vii) Participating teams should submit their eligibility Performa in excel sheet format through email to sports@unigoa.ac.in latest by **16/09/2023 till 5.00 p.m.**
- viii) College Directors of Physical Education and Sports must ensure that all the participants are medically fit and their medical certificate be collected and kept in the record of the college. Goa University will not ask for medical certificates and also will not be responsible for any medical complications.
- ix) All the teams must carry their own first aid kits.

Note Please:

- 1. The Eligibility Performa should have the University Registration Number of all the students, who have been issued the same.**
- 2. Re - admission/repetition of a class/course by a student should be indicated in remarks Column of the eligibility performa.**

Thanking you,

Yours faithfully,



(Mr. Balachandra B. Jadar)
Asst. Director of Phy. Edn. & Sports,
Goa University

- c.c to: 1. College Directors of Physical Education & Sports of affiliated colleges.
2. P. S. to the Vice-Chancellor, Goa University
3. A.R to the Registrar, Goa University