

COME AND PLAY SPORTS ACADEMY



RULES AND REGULATIONS

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Introduction:

COME AND PLAY Sports Academy (CAPSA), a haven for athletes and sports enthusiasts since 2018. With a legacy of excellence, we provide professional coaching from seasoned professionals who nurture talent, build skills, and foster a winning mind-set. Our commitment to holistic development empowers individuals to reach their full potential and shine in their chosen sports. Through structured training programs, expert guidance, and a supportive environment, we help athletes grow not just physically, but also mentally and emotionally, preparing them for success both on and off the field."

At CAPSA, we firmly believe in a balanced emphasis on the sporting and academic aspirations for our students. We aim to identify talented student-athletes and support their development with best-in-class sports and educational facilities.

Vision:

To produce champions in chosen fields of sport with proper infrastructure and passionate professional coaching.

Mission:

To develop an excellent ecosystem of World class infrastructure supported by professional coaches to cater to the sporting aspirations of all right from

beginner level and scale up to elite level and compete at National/ International level.

Academy timings:

Mon- Fri: 3:00 PM to 4:30 PM

Mon- Fri: 4:30 PM to 6:30 PM (Advance Batches)

CAPSA rules and regulations:

- Students must attend all classes regularly and arrive on time.
- Absences will be excused with a valid reason only.
- Players must wear proper sports attire during training and matches
- Respect for coaches, staff, teammates, and opponents is mandatory.
- Use of foul language or disruptive behaviour in coaching sessions or at academy is forbidden.
- Fair play and sportsmanship must be observed at all times.
- Student-athletes are expected to maintain a minimum academic standard.
- Phones and other devices must be turned off or on silent during class unless permitted.
- Unauthorized recording or use of devices is not allowed.
- Bullying, harassment, fighting, or discrimination is strictly prohibited.

- Possession or use of tobacco, alcohol, or drugs on school property is strictly prohibited.
- Respect school property and the belongings of others.
- Vandalism, theft, or littering will lead to disciplinary action.
- Violations will lead to suspension or expulsion from the academy.
- Member's vehicles should be parked within the allocated parking bays only.
- CAPSA facilities are under CCTV surveillance.
- Members are subject to the guidance of CAPSA staff.
- Members should conduct themselves in a well-mannered fashion and shall not disturb anybody.
- Members are responsible for all costs arising out of injuries while playing or training. CAPSA shall provide basic First-Aid.
- Members are responsible to consult a physician to certify their fitness before subscribing to any sports programs.
- Members are responsible to notify CAPSA staff of any illness, injury or medical conditions before they start using the facilities.
- CAPSA reserves the right to refuse entry to members found damaging CAPSA property or disobeying rules.
- CAPSA reserves the right to refuse entry to any member if payment is due.
- CAPSA reserves the right to refuse entry to any members found littering the premises.
- CAPSA reserves the right to refuse entry to any member found misbehaving with girls / ladies.
- CAPSA reserves the right to refuse entry to any member found under the influence of alcohol or any kind of intoxicants.

Rules and Regulations: Badminton

- Only indoor non-marking shoes are allowed within the field of play.
- Rings, bracelets or any kind of jewellery are strictly not allowed during play.
- Food and beverages are prohibited at the field of play.
- Outside food is strictly prohibited.
- Chewing gum is strictly prohibited.
- Spectators/Parents/Guardians should be seated at the gallery/sports cafe while coaching is in session.
- CAPSA is not responsible for member's personal belongings.
- Booking timings are to be strictly followed.
- Spectators/Parents/Guardians shall not disturb coaching.
- Members are not allowed to play outside the respective fields of play.
- Alcohol, tobacco or any kind of intoxicants are strictly prohibited.
- CAPSA shall not be responsible for traffic delays & member safety before and after pick-up or drop.

Competition Rules:

- The matches will be conducted for a best of 21 points or 15 points.

- Each set is won by the player/team that reaches 21 points first.
- A serve must clear the net and land in the opponent's court.
- Players hit the shuttlecock over the net to the opponent's side.
- A point is scored when the opponent fails to return the shuttlecock.
- Players switch sides after each set.
- The server serves from the right service court to the opponent's right service court.
- A fault occurs if the server hits the shuttle out of bounds or into the net.
- If the shuttle lands outside the opponent's court, it's out of bounds.
- Players cannot touch the net with any part of their body or racket.
- A let is called if the shuttle hits the net but still lands in the opponent's court.
- The receiver must stand diagonally opposite the server.

Etiquettes to be followed:

- Respect opponents, teammates, and officials.
- Be honest about calls.
- Greet opponents before and after the match.
- Thank the umpire or referee for their service.
- Wear proper badminton attire.
- Arrive on time for matches and warm-ups.
- Keep the court and surrounding areas clean.

- Demonstrate good sportsmanship, whether winning or losing.

Rules and Regulations: Cricket

- Kit bags should be placed beside the nets and outside the bowler's run up area.
- Helmets are compulsory while batting.
- Bracelets, Rings, or any kind of jewellery are strictly not allowed during play.
- Food and beverages are strictly prohibited inside the field of play.
- Spectators/parents/guardians should be seated at the gallery/ sports while the coaching session is on.
- CAPSA is not responsible for member's personal belongings.
- Spectators/parents/guardians shall not disturb coaching.
- CAPSA reserves the right to refuse entry to members found damaging CAPSA property or disobeying rules.
- CAPSA reserves the right to refuse entry to any member if payment is due.
- CAPSA reserves the right to refuse entry to any member found littering the premises.
- CAPSA reserves the right to refuse entry to any member found misbehaving with girls/ladies.
- Members are not allowed to play outside the respective fields of play.
- Alcohol, tobacco or any kind of intoxicants are strictly prohibited.

- CAPSA shall not be responsible for traffic delays and member safety before and after pickup or drop.

Competition Rules:

- Entries will be confirmed on a First-Come-First Serve basis for the first 16 school teams only.
- Matches will be played on League come Knock Out basis.
- T-30 Format (8 Overs power play).
- Min. 3 League games per team.
- Entry Fee: Rs.TBD/- per team
- All Teams should report 1 hour prior to the match timings.
- KSCA Rules will be strictly followed.
- The decision of the Organizing committee will be final in all regards.
- All members of the team must produce a valid School Identity Card of the academic year 2025-26.
- Passport copy/Aadhaar Card / any age proof identification, which is currently valid and needs to be carried for all the matches.
- Umpires Decision will be the final Decision.
- Fixtures will be sent after confirmation of the team Participation.
- Requests for postponement or changes of match timings cannot be accommodated.
- The team should be ready to play 2 matches in a day.
- Responsibility of conduct and behaviour of the students lies on the respective school coaches and Manager.

Etiquettes to be followed:

- Respect opponents, teammates, and officials.
- Shake hands or fist-bump with opponents before and after the match.
- Be honest about giving catches or edges.
- Obey the umpire's decisions without argument.
- Keep the spirit of the game in mind.
- Maintain the ground and facilities.
- Arrive on time for matches and practice sessions.
- Wear proper cricket attire.
- Avoid unnecessary sledging or verbal abuse.
- Congratulate opponents on their achievements.
- Follow team protocols and instructions from coaches and captains.

Rules and Regulations: Football

- Respect the referee's decisions.
- Follow the rules and regulations of the game.
- Listen to and follow the coach's instructions.
- Wear proper football attire, including cleats and shin guards.
- Stay hydrated and take care of your physical well-being.
- Be respectful to teammates, opponents, and officials.
- Arrive on time for matches and practice sessions.
- Keep the playing field and surrounding areas clean.

Competition Rules:

- Teams consist of a maximum of 5 players on the field at any one time.
- Jersey and Shorts, Football shoes and Stockings and Shin guards are compulsory.
- Squads can have up to 8 players (including 3 substitutes).
- The game is typically played with 4 outfield players and 1 goalkeeper.
- There is no offside rule in five-a-side football.
- No throw-ins: are allowed.

- When the ball goes out of bounds, play restarts with a kick-in by the opposing team.
- If the ball goes over the goal line behind the goalkeeper from your own teammate, a corner kick is awarded to the opposition.
- If a team kicks the ball out of the pitch, the match restarts with a restart taken by the goalkeeper of the opposing team.
- All free kicks are indirect
- If a player plays the ball onto their own back net, an indirect free kick is awarded to the opposition.

Etiquettes to be followed:

- Respect opponents, teammates, and officials.
- Shake hands or show respect to opponents before and after the match.
- Follow the referee's decisions without argument.
- Avoid unnecessary aggression or confrontation.
- Congratulate opponents on their achievements.
- Be respectful to the game.
- Maintain the stadium and facilities.
- Arrive on time for matches and practice sessions.
- Wear proper football attire.

Rules and Regulations: Swimming

- No one is allowed to use the pool when coaching staff or authorized personnel are not present.
- Proper swimwear is mandatory for all pool users.
- Cotton fabric is strictly prohibited inside the pool.
- Diving and running is strictly prohibited.
- All pool users are required to shower before and after entering the pool.
- Food and drinks are not allowed in the pool area.
- Pool users are expected to be considerate of others and follow basic pool etiquette.
- Individuals with contagious illnesses or open wounds should avoid swimming.
- The pool operates according to posted hours and maximum occupancy limits.
- Pool users must follow instructions from lifeguards and coaches.

Etiquettes to be followed:

- Arrive on time for practice sessions and meets.
- Respect fellow swimmers, coaches, and officials.
- Follow pool rules and regulations.
- Use proper diving and jumping techniques.
- Share lanes and facilities with others.
- Keep the pool area clean.
- Avoid disruptive behaviour.
- Listen to and follow coaches' instructions.
- Be considerate of others' space and time in the pool.
- Congratulate fellow swimmers on their achievements.

Rules and Regulations: Chess

- Free entry for GMs, IMs, WGMs, WIMs.
- Entry fee is strictly non- Refundable and non - Transferable.
- Rapid Time Control - 15 Mins + 5 Seconds.
- The Default Time (Walkover Time) will be 15 minutes for rapid.
- System of play: The tournament will be conducted as per FIDE Laws.
- Total No of rounds will be announced in the Players meeting.
- Protests if any against the decision of the chief Arbiter shall be made in writing with a protest fee of Rs. 1000 within 10 Minutes of the occurrence of the incident to the Appeals Committee. The protest fee will be refunded if the appeal is upheld.
- Withdrawals: A player withdraws at any stage of the event after informing the chief Arbiter in writing.
- Appeals Committee: Five members' appeals committee shall be formed.
- Spot entries are not entertained to ensure round starts on time.
- Chess sets & clocks will be provided to all players.
- Players will forfeit the prize if he/she is not present during prize distribution.
- Merit Certificates will be given to the winners.
- Players are not allowed to carry food from outside.

- Food stalls will be available in the venue at a reasonable cost.
- Players are not allowed to carry bags, mobile phones, wrist watches and other electronic devices to the playing arena. Arrangements have been made for players to deposit their bags, mobile phones, etc.

Rules and Regulations: Basketball

Basic FIBA Competition Rules

- Game duration is 4 quarters of 10 minutes each.
- Jump ball starts the game.
- Held ball results in alternating possession.
- The objective is to score more points than the opponent.
- The ball is out of play when it crosses boundary lines.
- Points can be scored through field goals or free throws.
- Players can dribble to move the ball.
- Traveling is not allowed (taking more than 2 steps without dribbling).
- Fouls can result in free throws or possession for the opposing team.
- Five personal fouls lead to player disqualification.
- Ball possession determines offense.
- Shot clock is 24 seconds.
- Inbound passes happen behind the end line.
- Players can grab rebounds.
- Substitutions occur during stoppages.
- Teams switch sides at halftime.

- Be honest and binding to the referee's decision.

Positions and number of players:

There are a variety of ways players can line up on the court, but the most common basketball positions are: $5 + 7 = 12$

- 1 or Point Guard
- 2 or Shooting Guard
- 3 or Wing or Small Forward
- 4 or Power Forward
- 5 or Centre

Scoring:

Points are scored any time the ball goes through the basket. 3 points are granted if the shot is taken beyond the 3-pt line and 2 points are awarded for a basket made from anywhere else on the court. A free throw is worth 1 point.

Game Length:

Games are divided into time segments known as periods. The length and number of each period differs between leagues. 4 quarters (10 mins + 2 + 10 mins)

Fouls:

Basketball fouls are penalties assessed by the referees for rough play to keep a player from gaining an advantage over another player.

A player who is fouled is awarded the ball out of bounds unless the foul occurred during the act of shooting. Each player is allowed 5

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in. Three free throws are awarded if the player is fouled while shooting for a

three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he

Could score four points on the play. One & one-If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.

Here are some common basketball fouls:

- Blocking – A personal foul caused when the defender makes illegal personal contact with an opponent who may or may not have the ball. Blocking is called when the defender impedes the progress of the opponent.
- Charging (or Player Control Foul) – A personal foul occurring when an offensive player makes contact with a defender who has already established a set position. A player with the ball must avoid contact with a stationary defender by stopping or changing direction.
- Elbowing – It is a violation for a player to swing the elbows excessively.
- Flagrant Foul – A personal or technical foul, which is violent in nature. Examples are fighting, striking, kicking, or kneeing an opponent.
- Hand Check – A personal foul caused by a defender making repeated contact with her hands on her opponent.
- Holding – A personal foul caused by illegal contact with an opponent, which interferes with his freedom of movement.

- Intentional Foul – A personal or technical foul, which keeps the opponent from capitalizing on an advantageous situation. It could be contact away from the ball or contact when a defender is not making a legitimate attempt to play the ball or a player. It also occurs when a player causes excessive contact with an opponent.
- Offensive Foul – A foul caused by an offensive player, usually in the form of charging.
- Over the Back–When a player jumps up over the back of another player in an attempt to go for the ball.
- Personal Foul – Illegal contact with an opponent while the ball is live, which hinders the opponent's offensive or defensive movement. A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- Technical Foul – A non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead; or a violation charged
- To the head coach because of violations on the side-line or from bench personnel.
- Team Foul – Any foul charged to a team. Once a team reaches 5 time fouls, its opponent is in a bonus free throw situation and one player will be out of the match, only 4 players will be playing after 5 personal fouls.

Violations:

- The basketball basic rules include numerous ball handling and time violations that cause a team to lose possession of the ball. Here are some common violations:
- Backcourt Violation– If a player is the last one on her team to touch the ball before it goes into the backcourt, she cannot be the first player to touch it in the backcourt.

- Closely Guarded (or Five-second Violation) – Violation that occurs when a ball handler in his team's frontcourt is continuously guarded by any opponent who is within six feet of him while he is either dribbling or holding the ball. The offensive player has 5 seconds to either get rid of the ball or drive pass the defender.
- Double Dribble -When a dribbler touches the ball with both hands at the same time or when the dribbler picks up the ball and then starts dribbling again.
- Goaltending –Occurs when a player touches a shot ball while it is in its downward flight above the rim. It also occurs when a defender touches a free throw attempt outside the basket.
- Lane Violation – A violation called during a free throw situation against a player who enters the lane too soon.
- Ten Seconds in the Backcourt – A team has 10 seconds to advance the ball from their backcourt past the half-court line to the frontcourt.
- Three Seconds in the Lane – An offensive player cannot remain in the free throw lane for longer than 3 seconds while her team is in control of the ball in the frontcourt. She has to clear the lane completely with both feet to stop the official's count. If she receives the ball while she is in the lane, she is allowed to stay beyond 3 seconds in order to drive toward the goal for a shot.
- Traveling – A violation caused by moving the feet in any direction without properly dribbling the ball. It results in a turnover, and the ball is given to the opposing team. While holding the ball, a player has to establish a pivot foot which has to remain on the floor at all times until he passes, shoots, or dribbles. While holding the ball, his knee cannot touch the floor and if he falls, he must get rid of the ball before attempting to get up.
- Time violations: 5 sec holding the ball and 5 sec holding the ball without throwing the ball inside the court.

Rules and Regulations: Yoga

- Participants must arrive at least 15 minutes prior to the scheduled start time.
- Participants are required to wear comfortable, stretchable clothing.
- Yoga mats will be provided, but participants are encouraged to bring their own if preferred.
- All participants must follow the instructions of the yoga instructors.
- Participants will be judged on their technique, posture, and overall performance.
- The judges' decisions are final and binding.
- Participants are advised to inform the instructors about any medical conditions or injuries prior to the session.
- Participants must listen to their bodies and take regular breaks if needed.

- In case of an emergency, participants must follow the instructions of the instructors and staff.
- Participants are expected to maintain silence and respect during the sessions.
- Participants must not disrupt or interfere with other participants' practice.
- Any behaviour deemed unacceptable may result in disqualification or removal from the event.
- In case of cancellation due to unforeseen circumstances, participants will be notified in advance.
- Refund policies (if applicable) will be clearly communicated prior to the event.
- All yoga sequences and techniques used during the event are the property of the instructors or respective owners.

Etiquettes to be followed:

- Arrive on time: Plan to arrive at least 10-15 minutes before class.
- Greet instructors and fellow students with a respectful “Namaste”.
- Remove shoes and socks: Leave them at the door or in designated areas.
- Use a clean mat: Bring your own mat or use a clean, provided one.
- Be mindful of personal space: Respect others' space and practice area.
- Minimize distractions: Avoid using phones, chatting, or making excessive noise.

- Return props to designated areas after use.
- Familiarize yourself with specific studio guidelines.
- Treat others with kindness, compassion, and respect.
- Help others when needed, especially with props or setup.

Rules and Regulations: Jump rope

- Participants must wear proper attire and footwear.
- Separate event for boys and girls team.
- Students can perform any two events.
- All players bring their own jump rope for competition.

- And students are required to carry an Aadhar card or school ID card for verification.
- Jump ropes must be inspected before use.
- Participants are encouraged to warm up before and cool down after jumping.
- Competitions may include individual or team events and speed jumping.
- Competition May include individual 30 second speed sprint & 3 minutes endurance.
- Judges evaluate technique, speed, endurance, and creativity.
- Participants must complete their routine within the allotted time.
- Participants are scored on the number of jumps completed within a set time (speed jumping).
- Faults, such as tripping or missing jumps, may incur penalties.
- Exceeding time limits may incur penalties.
- Ropes must meet specific length and material requirements.
- Equipment must be properly maintained.
- Participants must exhibit good sportsmanship and respect towards judges, opponents, and officials.
- Participants must follow safety protocols and instructions from officials.
- Be honest and binding to the referee's decision.
- Do not throw any waste or trash in the play area.

- Photography is allowed for personal use.
- Videography is strictly prohibited without prior permission.

Etiquettes to be followed:

- Respect others' space: Allow others to jump without interference.
- Take turns: Share the jump rope and take turns with others.
- Be mindful of surroundings: Avoid jumping near fragile objects or people who may be disturbed.
- Use proper technique: Jump safely and avoid reckless behaviour.
- Communicate: Inform others if you need to stop or take a break.
- Return jump ropes to designated areas after use.
- Adhere to specific rules or guidelines for jump rope activities.

Training and Competition:

Our sports academy offers comprehensive training programs designed to nurture athletes of all levels. Expert coaches guide participants in developing technical skills, physical conditioning, and mental toughness. The academy provides state-of-the-art facilities, fostering an environment that promotes growth and excellence.

Training Highlights:

- Personalized coaching for optimal development
- Focus on technique, strategy, and physical fitness
- Regular assessments and feedback for improvement
- Special emphasis on grassroots level players, providing foundational training and support
- Intermediate level players receive advanced training to refine skills and enhance performance

Competition Opportunities:

- Participation in Inter school, Inter academy, local, regional, and National events
- Exposure to diverse competition formats and levels
- Emphasis on sportsmanship, teamwork, and resilience

Our academy aims to empower athletes to reach their full potential and achieve success in their respective sports, catering to the development needs of both budding and experienced players.

THANK YOU