



ST. ANTONY'S
PUBLIC SCHOOL, KIZHAKKAMBALAM
Internationally Ranked School

KIZSAPS TOURNEY

Interschool Sports Meet **2026**
Register Your Team soon



06 & 07
OCTOBER 2026



SCHOOL CAMPUS

EVENTS HIGHLIGHTS



www.kizsaps.co.in



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Play with Passion, Compete with Pride!





OPEN FOR UNDER-17 BOYS
(BORN ON OR AFTER 01-01- 2010)

Rules & Regulations

- 1. The tournament will be conducted in accordance with the rules of the Volleyball Federation of India (VFI).*
- 2. Each team shall have six (6) players on the court at any given time. Substitutions shall be permitted in accordance with the applicable rules.*
- 3. A maximum of twelve (12) players may be registered and dressed in uniform for each team.*
- 4. Registration Fee: ₹1,000/- per team.*





OPEN FOR UNDER-18 BOYS
(BORN ON OR AFTER 01-01- 2009)

Rules & Regulations

- 1. All teams shall play 7-a-side.*
- 2. A maximum of twelve (12) players may be registered and be in uniform for each team. Seven (7) players shall be on the field at any time, with up to five (5) substitute players on the bench.*
- 3. Substitutions shall be permitted according to the tournament rules.*
- 4. The Offside Rule shall be applicable.*
- 5. Match Duration: 20 minutes.*
- 6. Registration Fee: ₹1,000/- per team.*





OPEN FOR UNDER-19 GIRLS

(BORN ON OR AFTER 01-01- 2008)

Rules & Regulations

1. *The game shall be played according to the International Kabaddi Federation (IKF) Laws and Rules.*
2. *Each team shall consist of seven (7) players on the field and a maximum of five (5) substitute players.*
3. *Tie-Breaker:*
 - *In case of a tie at the end of the match, an additional 5-minute game extension shall be played.*
 - *If the tie continues after the extension, the winner shall be decided by a Golden Raid.*
4. *Any form of unfair play, including hair pulling, dangerous tackles, deliberate physical misconduct, or unsportsmanlike behaviour, is strictly prohibited.*
5. *Registration Fee: ₹1,000/- per team.*





OPEN FOR UNDER-17 BOYS & GIRLS
(BORN ON OR AFTER 01-01- 2010)

EVENTS

- 50 Metre Freestyle
- 50 Metre Backstroke
- 50 Metre Breaststroke

Rules & Regulations

1. *The competition shall be conducted according to the rules and regulations of the Swimming Federation of India (SFI).*
2. *Each school may enter a maximum of two (2) participants in each event.*
3. *Each student may participate in a maximum of two (2) events.*
4. *Registration Fee: ₹500/- per school and ₹300/- per student.*





KUMITE (BOYS & GIRLS)

WEIGHT CATEGORY

GRADE	BOYS	GIRLS
3 & 4	30 - 35 KG	30 - 35 KG
5 & 6	35 - 40 KG	35 - 40 KG
7 & 8	45 - 50 KG	45 - 50 KG

Rules & Regulations

- 1. The competition shall be conducted according to the KAI rules and regulations for Kumite.*
- 2. Each school may enter a maximum of two (2) participants per weight category.*
- 3. All participants must wear a plain white Karate uniform (Karategi).*
- 4. Participants must bring their own approved safety equipment, including Kumite gloves, chest guard, shin guards, headgear/helmet, gum shield, and Aka (Red) and Ao (Blue) belts.*
- 5. Registration fee per school is Rs. 500/- and per student is Rs. 300/-*





OPEN FOR UNDER-19 BOYS & GIRLS
(BORN ON OR AFTER 01-01- 2008)

Rules & Regulations

1. *Each school may nominate a maximum of three (3) students to participate.*
2. *Participants must wear proper riding attire, including a certified riding helmet and appropriate riding footwear.*
3. *Each competitor shall demonstrate proficiency in the following riding skills: Walk, Sitting Trot, Canter, Two-Point Position*
4. *Participants shall follow all safety instructions and directions of the riding officials/instructors throughout the competition.*
5. *Registration Fee: ₹500/- per school and ₹500/- per student.*





OPEN FOR UNDER-19 GIRLS
(BORN ON OR AFTER 01-01- 2008)

Rules & Regulations

- 1. The game shall be played according to the Ball Badminton Federation of India (BBFI) Laws and Rules.*
- 2. Each team shall consist of five (5) players on the court and a maximum of three (3) substitute players.*
- 3. The match shall be played in a Best-of-Three Sets format.*
- 4. Registration Fee: ₹1,000/- per team.*





OPEN FOR UNDER 10 BOYS & GIRLS

EVENT	CATEGORY	YEAR OF BIRTH
ARTISTIC GYMNASTICS - BOYS & GIRLS	Kiddies	Under 2019
	Cadet	2016-2018

Rules & Regulations

- 1. The competition shall be conducted in accordance with the latest rules and regulations of the Gymnastics Federation of India (GFI) and the Fédération Internationale de Gymnastique (FIG), wherever applicable.*
- 2. Only Floor Exercise (on-floor event) shall be considered for all categories.*
- 3. Each school may enter a maximum of six (6) students in each category, including both boys and girls.*
- 4. Participants shall wear T-shirts and shorts suitable for gymnastics.*
- 5. Registration Fee: ₹500/- per school and ₹500/- per student.*





OPEN FOR UNDER-18 BOYS & GIRLS
(BORN ON OR AFTER 01-01- 2009)

Rules & Regulations

- 1. The competition shall be conducted according to the latest rules and regulations of the Archery Association of India (AAI).*
- 2. The competition shall be conducted at a distance of 20 metres, using an 80 cm, 6-ring target face.*
- 3. Each archer shall shoot 15 arrows, and the final ranking shall be determined based on the total score achieved.*
- 4. Competitors must bring their own bows and arrows, which shall comply with the applicable competition rules. Archers without the required equipment shall not be permitted to participate.*
- 5. Competitors shall wear appropriate sports attire suitable for archery.*
- 6. Registration Fee: ₹500/- per school and ₹500/- per student.*



EVENT SCHEDULE

SL.NO.	EVENTS	SCHEDULED DATES	
		PRELIMS	FINALS
1	VOLLEYBALL	06-10-2026	07-10-2026
2	FOOTBALL		
3	SWIMMING	06-10-2026	
4	KARATE		
5	BALL BADMINTON		
6	GYMNASTICS		
7	ARCHERY		
8	KABADDI	07-10-2026	
9	HORSE RIDING		

GENERAL INSTRUCTIONS



Participants shall compete only in the age category for which they are eligible.



Students are not permitted to bring mobile phones or cameras to the venue.



All participants shall maintain proper discipline and decorum and strictly follow the rules and regulations of the respective games/events.



A Food Court will be available on the school campus throughout the event.



Any dispute arising during a competition shall be referred to the Referee/Officials concerned, whose decision shall be final and binding.



The Organising Committee shall not be responsible for any injury or accident sustained by participants during the competition. However, first-aid facilities will be available on the campus.

REGISTRATION:



Participating schools are requested to fill in the Student Entry List provided along with the brochure. The entry form will also be available on the school website: www.kizsaps.co.in



The soft copy of the Student Entry List, along with copies of the Aadhaar Card/Birth Certificate, duly attested by the Principal, shall be sent by email to kizsaps@gmail.com.



One Staff Coordinator from each participating school shall join the official WhatsApp Group for further communication and coordination:

<https://chat.whatsapp.com/E1RXCptki6QHnf294NgxK3>



Participants must bring their original Aadhaar Card/School ID Card for verification.



Last Date for Registration: **10th September 2026.**

POINTS SYSTEM



- ☑ Schools participating in **5 events and above** will be awarded with **5 bonus points**.
- ☑ The overall championship will be on the basis of total points scored.

	FOOTBALL, KABADDI, VOLLEYBALL, BALL BADMINTON	KARATE, HORSE RIDING, ARCHERY, SWIMMING GYMNASTICS
 Winners	10 points	5 points
 1st Runner-up	7 points	3 points
 2nd Runner-up	5 points	1 point
Individual Champion for swimming 1 point.		

PRIZES AND CERTIFICATES

- The Valedictory ceremony will be held at the Antonio Open Hall on **07th October 2026**, during which the prize distribution will be conducted.
- Participation certificates** will be given to all participants at the time of registration.