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CIRCULAR

DATE:17/07/2022

Dear students,

This is information that, we are going to conduct the Volleyball Tournament on 08/08/2022 at SSIP sports ground. Those who are willing to participate in the volley ball tournament for boys enroll their names with sports coordinator

Event Theme : Volley Ball Tournament for Boys

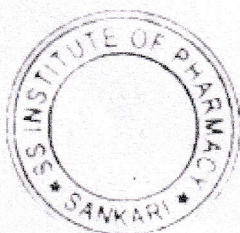
Event rules:

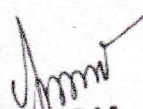
- Maximum number of hits 3
- Team rotation rules
- Ball may be served underhand or overhand.

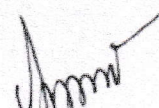
All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

"Prizes and Certificate will be awarded to the Winners"




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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Throwball Tournament on 03/08/2022 at SSIP sports ground. Those who are willing to participate in the Throwball tournament enroll their names with sports coordinator

Event Theme :Throwball Tournament

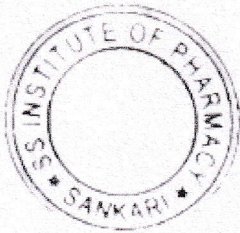
Event rules:

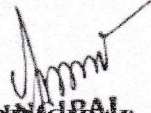
- Throw the ball over the net. If the other team can't catch it, you get a point.
- Only throw the ball. Don't hold or catch it.
- Move to the next position after each serve.

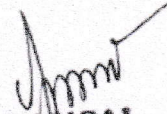
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Venue: SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Tennikoit Tournament on 07/09/2022 at SSIP sports ground. Those who are willing to participate in the Tennikoit tournament for boys enroll their names with sports coordinator

Event Theme : Tennikoit Tournament for girls

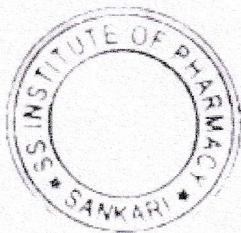
Event rules:

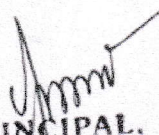
- Serve the ball from behind the service line. The ball must go over the net and land in the opponent's side of the court.
- Use only one hand to hit the ball. The ball must not touch the ground on your side of the court before you return it.
- Stay within your half of the court and don't cross the center line. The ball must stay within the court lines

All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the cricket tournament on 02/09/2022 at SSIP sports ground those who are willing to participate in the cricket tournament for boys enroll their names with sports coordinator

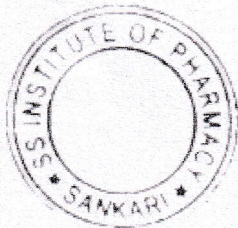
Event Theme : Cricket Tournament for Boys

Event rules

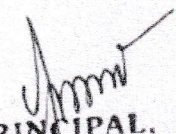
- In cricket, there are always two teams and 22 players
- Ruling of the Umpire is final
- A Duration of the game is negotiated
- Every six Balls makes an over
- No more than five fielders can be on the leg side at any time.
- Overthrows could.

Venue: SSIP sports ground

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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Kabaddi Touranament on 26/09/222 at SSIP sports ground. Those who are willing to participate in the Kabaddi Touranament for boys enroll their names with sports coordinator

Event Theme : Kabaddi Touranament

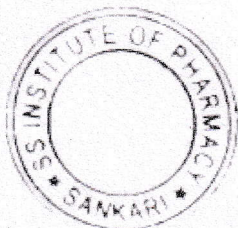
Event rules:

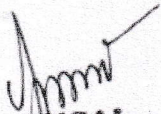
- ☐ **No Hands:** Don't use your hands to touch the ball (unless you're the goalkeeper).
- ☐ **Stay Onside:** Don't stand too close to the opponent's goal when your team passes you the ball.
- ☐ **Don't Foul:** Play fairly; don't trip, push, or hold other players.

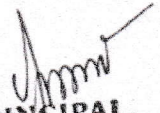
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Venue: SSIP sports ground

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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the kho kho tournament on 09/09/2022 at SSIP sports ground. Those who are willing to participate in the kho kho tournament for boys enroll their names with sports coordinator

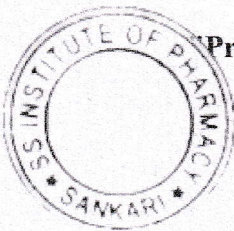
Event Theme : kho kho tournament for girls

Event rules:

- **Teams:** Two teams of 9 players each.
- **Objective:** One team (the chasers) tries to tag members of the other team (the defenders) while they run in a designated area.
- **Play Area:** The game is played on a rectangular field with a length of 27 meters and a width of 16 meters.
- **Game Duration:** Two innings of 9 minutes each; teams switch roles after each inning.
- **Chasing:** Chasers can only run in one direction; they must tag defenders by touching them.
- **Defending:** Defenders must avoid being tagged by running and dodging; they can use the poles to evade chasers.
- **Tagging:** A defender is out if tagged; they must leave the field and cannot re-enter until the next inning.
- **Kho:** Chasers can pass the "Kho" (the call) to a teammate by touching them, allowing them to chase..

All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground



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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Foot ball Tournament on 22/09/2022 at SSIP sports ground. Those who are willing to participate in the Foot ball Tournament for boys enroll their names with sports coordinator

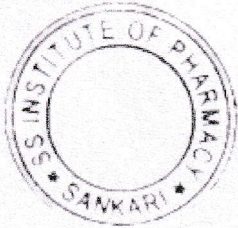
Event Theme : Foot ball Tournament

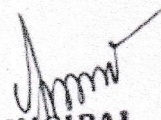
- ☐ **Players:** Two teams of 11 players each.
- ☐ **Objective:** Score goals by getting the ball into the opponent's net.
- ☐ **Match Duration:** 90 minutes, divided into two 45-minute halves.
- ☐ **Kick-off:** Starts the game and restarts after goals.
- ☐ **Offside Rule:** A player is offside if they are nearer to the opponent's goal line than both the ball and the second-last opponent when the ball is played to them, unless they are in their own half.
- ☐ **Fouls:** Free kicks awarded for fouls; direct free kicks can score; indirect free kicks require a touch before a goal.


All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Chess Tournament for boys on 19/09/2022 at SSIP sports ground. Those who are willing to participate in the Chess tournament for boys enroll their names with sports coordinator

Event Theme :Chess Tournament for boys

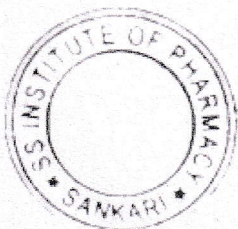
Event rules:

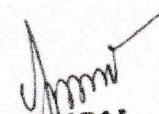
- Each type of piece moves differently.
- Put the opponent's king in a spot where it can't escape.
- Players move one piece at a time, starting with White

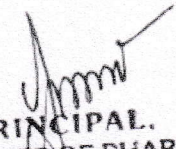
All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the Chess Tournament on 19/09/2022 at SSIP sports ground. Those who are willing to participate in the Chess tournament enroll their names with sports coordinator

Event Theme : Chess Tournament for girls


Event rules:

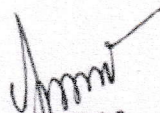
- Each type of piece moves differently.
- Put the opponent's king in a spot where it can't escape.
- Players move one piece at a time, starting with White

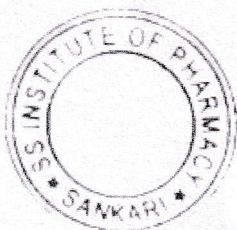
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Venue: SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the carrom Tournament for boys on 15/09/2022 at SSIP sports ground. Those who are willing to participate in the carrom tournament for boys enroll their names with sports coordinator

Event Theme :Carrom Tournament for boys

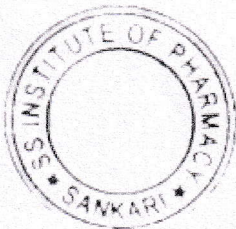
Event rules:

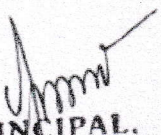
- Pocket your pieces (black or white) and the queen before your opponent does.
- Flick the striker to hit your pieces into the pockets. You must hit one of your own pieces or the queen to keep playing.
- If you pocket the striker or fail to hit a piece, it's a foul, and your turn is over.

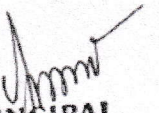
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Venue: SSIP sports ground

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DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the carrom Tournament for girls on 15/09/2022 at SSIP sports ground. Those who are willing to participate in the carrom tournament for boys enroll their names with sports coordinator

Event Theme :Carrom Tournament for girls

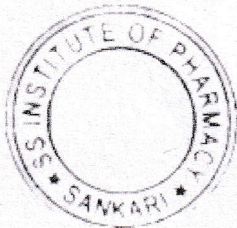
Event rules:


- Pocket your pieces (black or white) and the queen before your opponent does.
- Flick the striker to hit your pieces into the pockets. You must hit one of your own pieces or the queen to keep playing.
- If you pocket the striker or fail to hit a piece, it's a foul, and your turn is over.

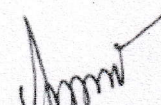
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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Badminton tournament for Boys on 12/09/2022 SSIP sports ground. Those who are willing to participate in the Badminton tournament for Boys enroll their names with sports coordinator.

Event Theme: Badminton Tournament for boys

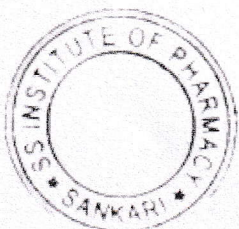
Event Rules:

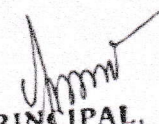
- A player must wait until his opponent is ready before serving
- The feet of both players must remain in a stationary position until the serve is made
- It is not a fault if you miss the shuttle while serving

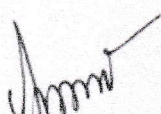
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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Dear students,

This is informed that, we are going to conduct the Badminton tournament for Girls on 12/09/2022 SSIP sports ground. Those who are willing to participate in the Badminton tournament for Boys enroll their names with sports coordinator.

Event Theme: Badminton Tournament for Girls

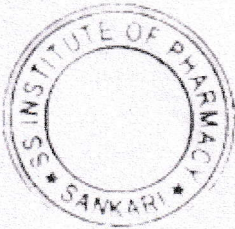
Event Rules:

- A player must wait until his opponent is ready before serving
- The feet of both players must remain in a stationary position until the serve is made
- It is not a fault if you miss the shuttle while serving

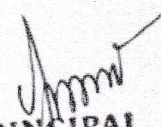
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE:17/07/2022

Dear students,

This is informed that, we are going to conduct the 100M Running For Boys on 25/08/2022 SSIP sports ground. Those who are willing to participate in the 100M Running For Boys enroll their names with sports coordinator.

Event Theme: Shotput Tournament for boys

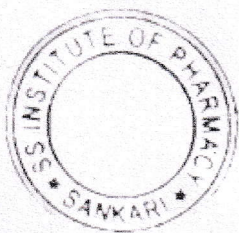
Event Rules:

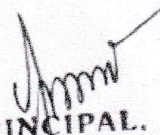
- **Start:** Use starting blocks and wait for the gun to start the race.
- **Lane:** Stay in your own lane from start to finish.
- **False Start:** If you jump the gun, you get one chance. A second false start means disqualification.
- **Finish:** Cross the finish line with any part of your body to win.
- **Equipment:** Wear appropriate running shoes and your team's uniform.
- **Conduct:** Don't interfere with other runners or behave unsportingly.


All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the 100M running for girls on 25/08/2022 SSIP sports ground. Those who are willing to participate in the 100M running for girls enroll their names with sports coordinator.

Event Theme: 100M running for girls

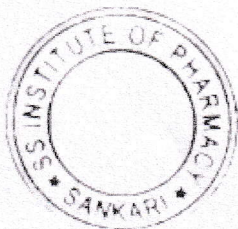
Event Rules:

- **Start:** Use starting blocks and wait for the gun to start the race.
- **Lane:** Stay in your own lane from start to finish.
- **False Start:** If you jump the gun, you get one chance. A second false start means disqualification.
- **Finish:** Cross the finish line with any part of your body to win.
- **Equipment:** Wear appropriate running shoes and your team's uniform.
- **Conduct:** Don't interfere with other runners or behave unsportingly.

All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE:17/07/2022

Dear students,

This is informed that, we are going to conduct the 200M Running For Boys on 25/08/2022 SSIP sports ground. Those who are willing to participate in the 200M Running For Boys enroll their names with sports coordinator.

Event Theme: 200M Running For Boys

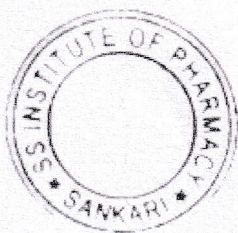
Event Rules:

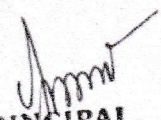
- **Start:** Use starting blocks and wait for the gun to start the race.
- **Lane:** Stay in your own lane from start to finish.
- **False Start:** If you jump the gun, you get one chance. A second false start means disqualification.
- **Finish:** Cross the finish line with any part of your body to win.
- **Equipment:** Wear appropriate running shoes and your team's uniform.
- **Conduct:** Don't interfere with other runners or behave unsportingly.

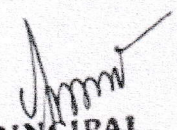
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the 200M running for girls on 25/08/2022 SSIP sports ground. Those who are willing to participate in the 200M running for girls enroll their names with sports coordinator.

Event Theme: 200M running for girls

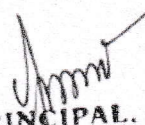
Event Rules:

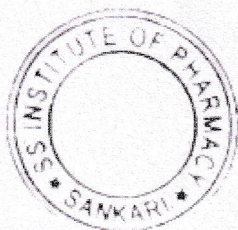
- **Start:** Use starting blocks and wait for the gun to start the race.
- **Lane:** Stay in your own lane from start to finish.
- **False Start:** If you jump the gun, you get one chance. A second false start means disqualification.
- **Finish:** Cross the finish line with any part of your body to win.
- **Equipment:** Wear appropriate running shoes and your team's uniform.
- **Conduct:** Don't interfere with other runners or behave un sportingly.

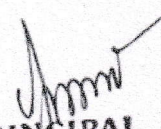
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the 400M RUNNING for boys on 29/08/2022 at SSIP sports ground. Those who are willing to participate in the 400M running for boys enroll their names with sports coordinator

Event Theme : 400M RUNNING FOR BOYS

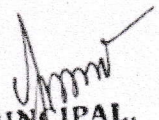
Event rules:

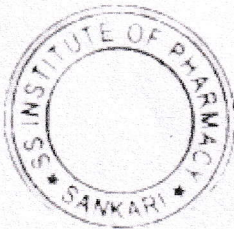
- Don't change your track from beginning to end.
- Competitors must not obstruct
- The race commences with the commands 'on your mark', 'set' and the starting pistol

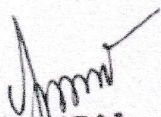
All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the 400M RUNNING for girls on 29/08/2022 at SSIP sports ground. Those who are willing to participate in the 400M running for GIRLS enroll their names with sports coordinator

Event Theme :400M RUNNING FOR GIRLS

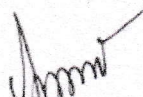
Event rules:

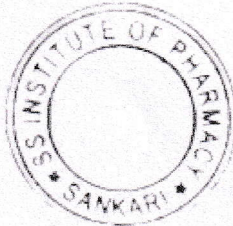
- Don't change your track from beginning to end.
- Competitors must not obstruct
- The race commences with the commands 'on your mark', 'set' and the starting pistol

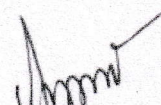
All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Discus Throw tournament for Boys on 16/08/2022 SSIP sports ground. Those who are willing to participate in the Discus Throw tournament for Boys enroll their names with sports coordinator.

Event Theme: Discus Throw Tournament for boys

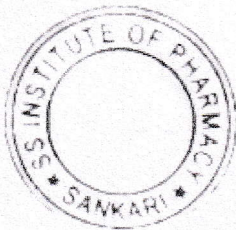
Event Rules:


- ☐ The performance is judged based on creativity, difficulty, and execution.
- ☐ It includes multiple rounds or categories, such as individual routines, pairs routines, or distance throws. Each event may have specific rules and time limits.
- ☐ Judges score performances on a scale that reflects the technical skill, originality, and overall presentation of the tricks.

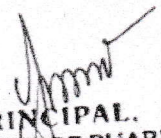
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Discus Throw tournament for GIRLS on 16/08/2022 SSIP sports ground. Those who are willing to participate in the Discus Throw tournament for Girls enroll their names with sports coordinator.

Event Theme: Discus Throw Tournament for Girls

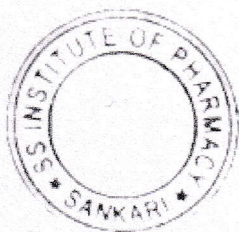
Event Rules:

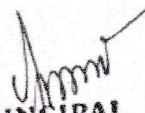
- ☐ The performance is judged based on creativity, difficulty, and execution.
- ☐ It includes multiple rounds or categories, such as individual routines, pairs routines, or distance throws. Each event may have specific rules and time limits.
- ☐ Judges score performances on a scale that reflects the technical skill, originality, and overall presentation of the tricks.

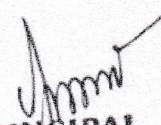
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Javelin Throw tournament for Boys on 22/08/2022 SSIP sports ground. Those who are willing to participate in the Javelin Throw tournament for Boys enroll their names with sports coordinator.

Event Theme: Javelin Throw Tournament for Boys

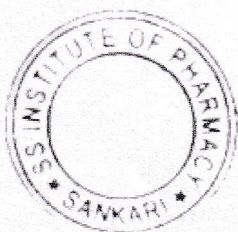
Event Rules:

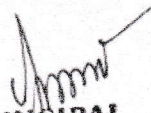
- ☐ The javelin must be thrown from behind the foul line and within the designated sector.
- ☐ The javelin must land tip-first within the sector for the throw to be valid.
- ☐ The throw must be made with the javelin held by the grip, with no additional aids.

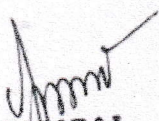
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Javelin Throw tournament for Girls on 22/08/2022 SSIP sports ground. Those who are willing to participate in the Javelin Throw tournament for Girls enroll their names with sports coordinator.

Event Theme: Javelin Throw Tournament for Girls

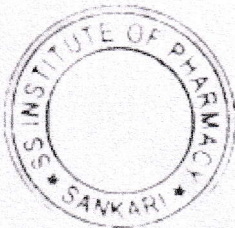
Event Rules:

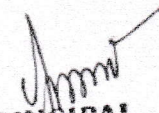
- ☐ The javelin must be thrown from behind the foul line and within the designated sector.
- ☐ The javelin must land tip-first within the sector for the throw to be valid.
- ☐ The throw must be made with the javelin held by the grip, with no additional aids.

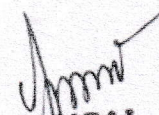
All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Shotput tournament for Boys on 11/08/2022 SSIP sports ground. Those who are willing to participate in the Shotput tournament for Boys enroll their names with sports coordinator.

Event Theme: Shotput Tournament for boys

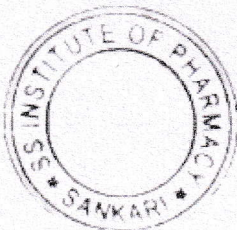
Event Rules:

- Keep both feet within the 7-foot-wide circle while throwing. Do not touch or step on the edge of the circle until after the shot has landed.
- Your throw is invalid if you step outside the circle, touch the circle's edge, or if the shot lands outside the designated sector in front of you.
- The distance is measured from the inside edge of the circle to the spot where the shot first touches the ground. The longest throw that meets the rules wins

All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is informed that, we are going to conduct the Shotput tournament for GIRLS on 11/08/2022 SSIP sports ground. Those who are willing to participate in the Shotput tournament for GIRLS enroll their names with sports coordinator.

Event Theme: Shotput Tournament for Girls

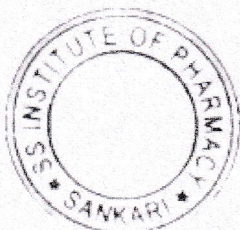
Event Rules:

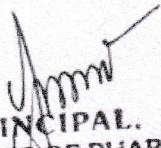
- Keep both feet within the 7-foot-wide circle while throwing. Do not touch or step on the edge of the circle until after the shot has landed.
- Your throw is invalid if you step outside the circle, touch the circle's edge, or if the shot lands outside the designated sector in front of you.
- The distance is measured from the inside edge of the circle to the spot where the shot first touches the ground. The longest throw that meets the rules wins


All the participants are instructed to submit their Names to the CAS and event coordinator

Venue : SSIP sports ground

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CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the RELAY Tournament on 30/08/2022 at SSIP sports ground. Those who are willing to participate in the RELAY tournament for boys enroll their names with sports coordinator

Event Theme : RELAY Tournament for BOYS

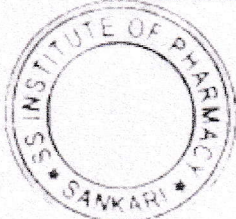
Event rules:

- **Teams:** Typically, 4 runners per team.
- **Race Format:** Races are usually 4x100 meters or 4x400 meters.
- **Exchange Zone:** Each team has a designated area (20 meters) for baton exchanges.
- **Baton:** The baton must be passed within the exchange zone; dropping it results in disqualification.
- **Running Order:** Runners must follow a predetermined order; any changes should be noted before the race.
- **Start:** The first runner starts from a block; subsequent runners wait in the exchange zone.
- **Acceleration Zone:** In 4x100m, the first runner can start running before the baton is passed, but only within the acceleration zone (10 meters).
- **Disqualification:** Teams can be disqualified for false starts, improper baton exchanges, or lane violations.
- **Finishing:** The team that crosses the finish line first with the baton wins.

All the participants are instructed to submit their Names to the CAS and event coordinator.

Venue: SSIP sports ground

"Prizes and Certificate will be awarded to the Winners"



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SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

Phone : 04283 241080 | E-mail : ssip1718@gmail.com | Website : www.ssip.edu.in



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Approved by Tamilnadu Government & Pharmacy Council of India, New Delhi.
Affiliated to the Tamilnadu Dr. M.G.R. Medical University,
and The Directorate of Medical Education, Chennai.

CIRCULAR

DATE: 17/07/2022

Dear students,

This is information that, we are going to conduct the RELAY Tournament on 30/08/2022 at SSIP sports ground. Those who are willing to participate in the RELAY tournament for GIRLS enroll their names with sports coordinator

Event Theme : RELAY Tournament for GIRLS

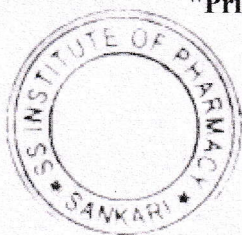
Event rules:

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