

MALLAKHAMB FEDERATION (REGD.) INDIA

Regd. No. 13752/84

Recognised by Govt. of India
Ministry of Youth & Sports & India Olympic Association

Office Address :

Maruthi Nagar, Dhavorlim, Post Navelim, Salcete, GOA - 403707
www.mallakhambfederationofindia.org.



President:

Dr. Ramesh Indoliya

Cell: 9929993745

rameshp2013@gmail.com

Secretary

Shri. N. V. Kurade

Cell: 9850425357

nvkurade@gmail.com

Treasurer

Dilip Gavane

Cell: 9848229967

dilipgavane1001@gmail.com

Vice President:

Dharam Vir Singh

(Delhi)

Mob.: 9818002634

Kodli Somanna Fakkirappa

(Karnataka)

Mob.: 9164539466

Janarndhanan Moorthy

(T.M.)

Mob.: 9345636104

Dr. Sharma Rajkumar

(Chattisgarh)

Mob: 9229144090

Smt. Chhaya Kakade

(Telangana)

Mob: 9490935351

Joint Secretary:

Mohd. Maqsood Rather

(Jamu Kassmir)

Mob: 9622595953

Jha Ajay Sri Pitamber Jha

(Jharkand)

Mob: 9934108135

Nanda Prabodh Kumar

(W. Bengal)

Mob: 9474969422

Smt. Sangta Ramahandran

(T.N)

Mob: 9941018916

S. Prakash

(Pondycherry)

Mob: 9840347870

No. MFI/N.C/S.J.M/5/2018-19

Date: 17/10/2018



To,
The Secretaries All Affiliated Units
And Office Bearers of Mallakhamb
Federation (Regd.) India

Sub:- Invitation for 31st Sub Jr. Boys and Girls, 30th mini Boys and Girls National Mallakhamb Championship to be held on 30th November to 2nd December 2018-19.

Respected Sir,

The 31st Sub Jr. Boys and Girls, 30th mini Boys and Girls National Mallakhamb Championship will be held at Masonic Public School, B-1, Vasant Kunj, near Fortis Hospital, New Delhi from 30th November to 2nd December 2018.

It is therefore requested to contact Shri. Dharam Vir Singh, Organizing Secretary of this National Mallakhamb Championship (Cell: 9818002634 / 8700879009) email: delhimallakhamb@gmail.com or dvstharuwala@gmail.com or contact persons for Assistance and information Mr. Rakesh Sejwal (Cell: 9212722202 / 7703924846) Mr. Sukhbir (Cell: 9582954041 / 989140599). There will be reception counter at Nizamuddin Railway station & Yellow Line, Chhatarpur Metro Station. This Metro Station is directly connected to New Delhi & Delhi Railway station.

The General Secretary of Delhi State Mallakhamb Association and Hon. Vice President of MFI and Organising Secretary of mini and sub junior National Championship Shri. Dharam Vir Singh has assured of best Hospitality and wide publicity. The Contingent have to take care of proper attire, Uniform and timely reporting and helping the organizers for making the event more memorable. Please note that the march past of all participants along with the official Referee will be held at the time of opening ceremony. (The official / Referee should be in proper uniform with



MALLAKHAMB FEDERATION (REGD.) INDIA

Regd. No. 13752/84

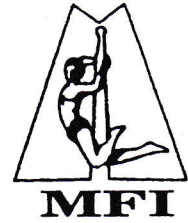
Recognised by Govt. of India

Ministry of Youth & Sports & India Olympic Association

Office Address :

Maruthi Nagar, Dhavorlim, Post Navelim, Salcete, GOA - 403707

www.mallakhambfederationofindia.org



President:

Dr. Ramesh Indoliya

Cell: 9929993745

rameshp2013@gmail.com

Secretary

Shri. N. V. Kurade

Cell: 9850425357

nvkurade@gmail.com

Treasurer

Dilip Gavane

Cell: 9848229967

dilipgavane1001@gmail.com

Vice President:

Dharam Vir Singh

(Delhi)

Mob.: 9818002634

Kodli Somanna Fakirappa

(Karnataka)

Mob.: 9164539466

Janarndhanan Moorthy

(T.M.)

Mob.: 9345636104

Dr. Sharma Rajkumar

(Chattisgarh)

Mob: 9229144090

Smt. Chhaya Kakade

(Telangana)

Mob: 9490935351

Joint Secretary:

Mohd. Maqsood Rather

(Jamu Kassmir)

Mob: 9622595953

Jha Ajay Sri Pitamber Jha

(Jharkand)

Mob: 9934108135

Nanda Prabodh Kumar

(W. Bengal)

Mob: 9474969422

Smt. Sangta Ramahandran

(T.N)

Mob: 9941018916

S. Prakash

(Pondycherry)

Mob: 9840347870

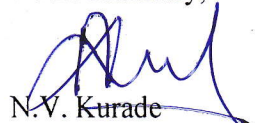
black pant, white shirt & black shoes for gents & White Kameez & Black salwar for Ladies.) All the team Manager and participants are once again requested to take care of proper uniform of their Team members and to bring two flags of their State without fail.

Details of the Mallakhamb National Championship

1. **Date:** - 30th November to 02nd December 2018
2. **Date of Reporting:-** on 29/11/2018 evening, the team will submit entry form along with affiliation fee without fail and date of birth proof, Bonafide certificate of School.
3. **Venue:-** Masonic Public School, B-1, Vasant Kunj, near Fortis Hospital, New Delhi.
4. **Contingent:-** The cut-off date Under 12 boys/girls 31-12-2006 under 14 boys/girls 31-12-2004, Maximum 6 boys and 6 girls in each category and 2 Coaches (1 lady compulsory) and 1 Manager. The total participant 24 and officials 3 nos. It should not be more than 27 numbers.
5. **Facilities:** - The Lodging and boarding will be provided to all the participants and officials/ Referee from 29th November 2018 to 02nd December 2018 Forenoon. No guest or extra persons will be entertained.
6. **Railway Concession:-** The Railway concessions certificate are enclosed with this letter.
7. **Pyramid Competitions:** - The pyramid competitions will be conducted on Pole and Rope Mallakhamb for boys girls separately.
8. **Meeting:** - The Schedule of the meeting as follows
Coaches and Managers meeting on 30/11/2018 at 10.00 hrs.
Technical Committee meeting on 30/11/2018 at 11.00 hrs.

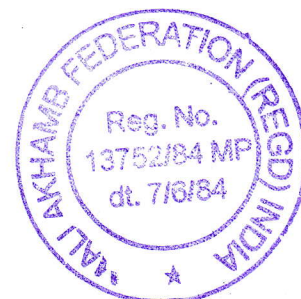
Regards,

Yours faithfully,


N.V. Kurade

Hon. Gen. Secretary

Mallakhamb Federation of India



MALLAKHAMB FEDERATION (Regd.) INDIA

Maruthi Nagar, Dhavorlim, Post Navelim,
Salcete, Goa - 403707

FOLLOWING CHANGES AND ADDITIONS ARE MADE IN THE RULES OF THE COMPETITIONS.
ALL OTHER RULES WILL REMAIN THE SAME

FINIL ADDITIONS AND CHANGES IN CODE OF POINTS

Section I

2. History and Development of Mallakhamb

The earliest mention of Mallakhamb can be traced back to the 11th century in the form of sculpturer at Brihadeeswarar temple built by Rajendra Chola, completed in 1035 AD.

8) RULES FOR THE COMPETITION

8.01 REGISTRATION OF THE COMPETITORS

M.F.I. will register the competitors, along with the registration fees. State Associations will have to submit Registration Form duly filled along with the Two Passport size photographs and Eligibility Certificate from the School with Seal of the School on the Photograph. Eligibility Certificate should be in English language only.

After receiving duly filled Registration Form along with the Eligibility Certificate and Photographs, M. F. I. will give a Permanent Registration number to each player. M. F. I. will maintain the record of the each player got registered with Federation. On every subsequent year State units will send the Registration Form, Photographs and Eligibility Certificate for new players only. For the players registered earlier, State Units has to mention registration number while submitting the entry.

Registration Fees is to be paid annually, for players registered earlier, and new players

8.03 AGE GROUPS FOR THE CHAMPIONSHIPS

Competition for Men and Women will be held in the following age groups

	MINI	SUB-JUNIOR	JUNIOR	SENIOR / OPEN
MEN	Under 12Yrs.	Under 14 Yrs.	Under 18 Yrs.	Above 18 Yrs.
WOMEN	Under 12 Yrs.	Under 14 Yrs.	Under 16Yrs.	Above 16 Yrs.

8.05 TEAM STRENGTH

Each team will consist of maximum 6 players. The Composition of the contingent is as follows.

Men and Boys.	24 nos.
Women and Girls.	24nos.
Coach (Men) <i>go woman ?</i>	01 no.
Manager (Men)	01 no.
Coach (Women)	01 no.
Manager (Women)	01 no.
General Manager.	01 no.
Total	53 nos.

MALLAKHAMB FEDERATION (Regd.) INDIA
Maruthi Nagar, Dhavorlim, Post Navelim,
Salcete, Goa - 403707

8.07 TYPE OF COMPETITIONS

THERE WILL BE NO COMPULSORY SETS HENCEFORTH

Three Competitions will be conducted as given below.

COMPETITION NO. I (TEAM CHAMPIONSHIP)

All the players will participate in this competition. Team Championship will be decided from the Competition No. I. Selection of individuals for any higher competition will be made from the scores of this Competition. Players will perform only Optional Set in this competition. In this Competition all the players will perform optional set. Only those who score an aggregate average 50% or more marks in this competition are qualified to participate in the next competitions. The Technical Committee has the discretion to bring down the 50% limit, if required.

For Team Championship at least 3 teams should participate in that age group, moreover in a team minimum 5 competitors are essential. Marks of the less than 5 players form a state unit will not be considered for calculating Team Championship.

This competition will be considered as a QUALIFYING round apart from the TEAM CHAMPIONSHIP.

COMPETITION NO. II : (INDIVIDUAL ALL ROUND CHAMPIONSHIP)

This Competition decides the Individual All Round Champion collectively on all the apparatus in a particular age group. The 32 best players from Competition No. I on all the apparatus will qualify for this competition. All players having equal scores at Sr. No. 32 will be allowed to participate, but not more than THREE players from a team, will be allowed. If the scores of the more than three competitors form the same team between Sr. No. 1 to 32 are same, then the base scores of Competition No. I on all the apparatus will be considered. If Base Scores is not possible, then decision will be made by picking up by a chit.

Not more than Two players from per state can be placed in first six ranks

COMPETITION NO. III (APPARATUS CHAMPIONSHIP)

This competition is to decide the Champion on each apparatus. The 24 best players from Competition No. I on each apparatus will qualify for this competition. All players having equal scores at Sr. No. 24 will be allowed to participate, but not more than TWO players from a team, will be allowed. If the scores of the more than two competitors form the same team between Sr. No. 1 to 24 are same, then the base scores of Competition No. I on all that particular apparatus will be considered. If Base Scores is not possible, then decision will be made by picking up by a chit. Not more than Two players from per state can be placed in first six ranks.

10.08 COMPETITORS

C: UNIFORM

FOR PLAYERS - For Men Competitors, the competition attire will be LANGOT and JANGIYA for Pole and Hanging Mallakhamb. Langot and WRESTLING COSTUME or SHORTS with SANDO BANIAN or ROUND NECK T-SHIRT for Rope Mallakhamb.

For Women Competitors, GYM-SUIT (LEOTARD) 3/4 SLEEVES compulsory without slacks or ROUND NECK T-SHIRT & SHORTS.

10.09 COACH

h. The Coach should be in proper uniform, 0.50 points deduction will be made from all the Team Members average score by Chief Judge, if the coach is found in the arena in any other uniform.

SECTION II

5) DISTRIBUTION OF 10 POINTS (OPTIONAL SET)

10 points in the Optional Set are divided as below :

MALLAKHAMB FEDERATION (Regd.) INDIA

Maruthi Nagar, Dhavorlim, Post Navelim,
Salcete, Goa - 403707

Difficulty	3.80 points
Combination	1.60 points
Execution	4.40 points
Originality	0.20 points
Total	10.00 points

5.01 DIFFICULTY (3.80 Points)

All the elements executed on each apparatus are classified into three parts as A, B and C.

A: Easy and Simple 0.20, B: Medium 0.40, C: Difficult 0.60 points each.

For securing 3.80 points of difficulty, following are the requirements of various difficulties in one set.

	A	B	C	TOTAL
Comp. No. I	0.20 X 4 = 0.80	0.40 X 6 = 2.40	0.60 X 1 = 0.60	3.80
Comp. No. II & III	0.20 X 1 = 0.20	0.40 X 6 = 2.40	0.60 X 2 = 1.20	3.80

5.02 COMBINATION (1.60 Points)

A. POLE MALLAKHAMB

1. All parts of the Pole should be properly utilized 0.10
2. One Acrobatic element of 'B' part should be executed from both side 0.20
3. Continuous 3 Acrobatic elements of which at least 1 should be 'B' part 0.20
4. At least one Vertical Hold part 0.20
5. At least one Horizontal Hold part 0.20
6. One Hold position demonstrating flexibility of back bone 0.10
7. At least B mount 0.10
8. At least C dismount 0.20
9. At least TWO transitions from one hold position to another hold position 0.20
10. Minimum 16 elements in one set 0.10

B. HANGING MALLAKHAMB

1. All parts of the Mallakhamb should be properly utilized 0.10
2. One Acrobatic element 'A' part should be executed from both sides 0.20
3. Continuous 3 Acrobatic elements of which at least 1 should be 'B' part 0.20

← यह 2 जोड़ें
Originality 20 प्रकार अभाव

MALLAKHAMB FEDERATION (Regd.) INDIA
 Maruthi Nagar, Dhavorlim, Post Navelim,
 Salcete, Goa - 403707

4. At least one Vertical Hold part	0.20
5. At least one Horizontal Hold part	0.20
6. One Hold position demonstrating flexibility of the back bone	0.20
7. At least B mount.	0.10
8. At least B dismount.	0.10
9. At least one transition from one Hold position to to another Hold position.	0.20
10. Minimum 14 elements in one Set	0.10

C. ROPE MALLAKHAMB

1. At least once the Rope should be held in legs at 4 Meters height	0.20
2. At least 2 hold parts showing forward and backward flexibility. (Both elements should be performed)	0.30
3. One Vertical and one Horizontal Hold part. (Both elements should be performed)	0.30
4. At least 'B' part Mount	0.20
5. C' part Dismount	0.20
6. At least one Strength part	0.20
7. Minimum 18 elements in one Set	0.20

MAJOR DEDUCTIONS

1. Losing the balance on the apparatus itself	0.50
2. Physically help by the Coach	0.50
3. Fall on the Ground	0.50

5.03 EXECUTION (4.60 Points, out of which 0.20 are for Originality)

All other deductions will remain the same.

9. QUALIFIED/LICENSED JUDGE:

MFI conducts an examination for qualified/licensed Judges, once in a year along with the National Mallakhamb Championships, under the following rules

- On the recommendation of the State Association only, candidates can appear for the examination after depositing the appropriate examination fees with an application to the MFI.
- Technical Committee will decide the Examination Fees.
- The examinee should pass in the theory and viva voce separately. Minimum passing points are 60%.

MALLAKHAMB FEDERATION (Regd.) INDIA

**Maruthi Nagar, Dhavorlim, Post Navelim,
Salcete, Goa - 403707**

d. License:

1. Grade III: After passing the examination the candidate will get the license of Grade III for a period of 3 years.
2. Grade II: To achieve the license of Grade II, a license holder of Grade III should appear in the viva voce examination arranged for them but only those license holders of Grade III who have already got an experience of judging of at least 2 National level tournaments, will be eligible for this viva voce examination. Validity of this license is 3 years.
3. Grade I: For achieving this Grade of license, the license holder of Grade II should appear in the viva voce examination after doing the work of a Judge in at least 2 National level tournaments as a license holder of Grade II. Validity of this license is 3 years.
4. If any license holder of a Grade wants to maintain his preset grade, he should appear in the viva voce examination arranged for them before the date of expiry of the license, i.e. 3 years, but he should have an experience of judging of at least 2 National level tournaments.
5. The Technical Committee will decide the examination fee for maintaining and increasing the Grade of License.
6. The Upper age limit of a qualified Judge is 60 years.
7. Successful candidates will get a license with an Identity Card in which his personal details, Grade etc. will be mentioned.

NOTE: THERE WILL BE NO COMPULSORY SETS FROM

THIS CHAMPIONSHIP ONWARDS