



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

CHRIST(Deemed to be University)
Bangalore Kengeri Campus

Presents

GENESIS LEAGUE

- BASKETBALL
- FOOTBALL
- VOLLEYBALL
- THROWBALL
- HANDBALL
- HOCKEY
- CRICKET
- BADMINTON
- TABLE TENNIS
- TUG OF WAR
- KABADDI
- CHESS

**14 - 21
JULY 2026**

REGISTER HERE



POCs :

AMAN HOODA : 9675444622
ANURAG REDDY : 9353873091

BASKETBALL

POC :

ASHRITH REDDY : 8790310557

GENERAL INFO

- The referee's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (jersey, shorts, basketball shoes).
- No jewelry or adornments; nails must be trimmed
- Basic first-aid will be provided

FORMAT & PARTICIPATION

Scoring:

2 points for field goals, 3 points for shots behind the arc,
1 point for free

Throws:

- Match Format: 4 quarters of 10 or 12 minutes (depending on league rules).
- Overtime is 5 minutes if the score is tied

Serving:

- No serving in basketball.

Fouls:

- A player is disqualified after 5 fouls (6 in NBA)
- Personal fouls: free throw awarded to the opponent.
- Technical fouls: points awarded to the opposing team

Switching Sides:

- Teams switch sides at halftime.

Illegal Moves:

- No traveling or double dribbling.
- No excessive physical contact (e.g., pushing, elbowing).

FOOTBALL

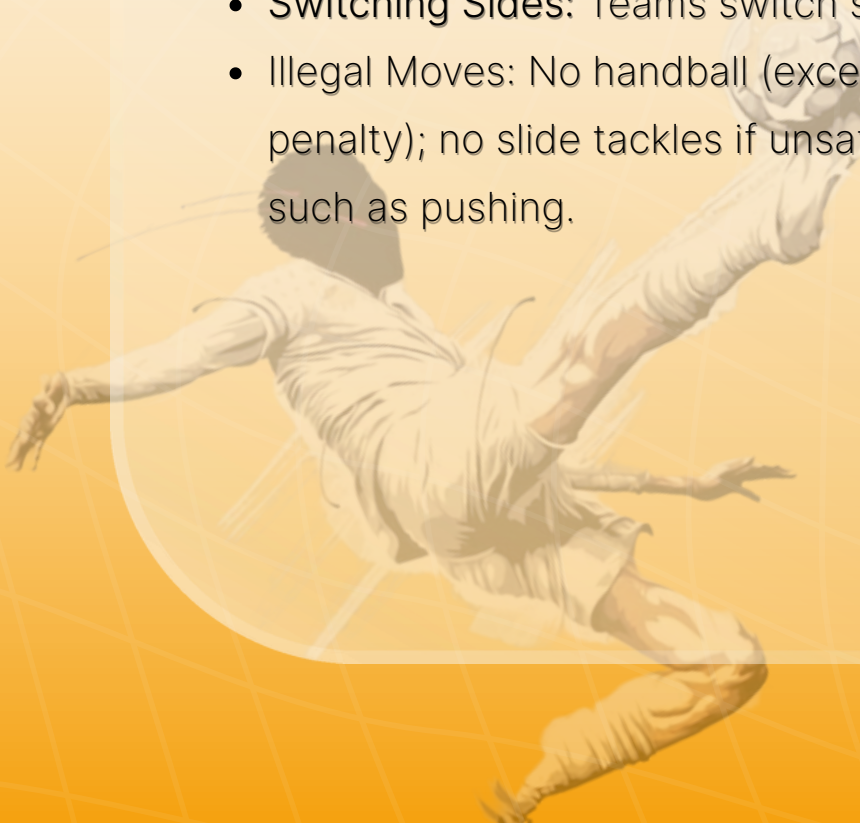
POC :
ASTRIN THOMAS : 7907741547

GENERAL INFO

- The referee's decision is final.
- Teams must arrive 15 minutes before kickoff.
- Proper kit required: jersey, shorts, socks, shin guards, cleats.
- No jewelry; studs must be secure.
- Basic first-aid will be provided.

FORMAT & PARTICIPATION

- Scoring: 1 point per goal.
- Match Format: two 45-minute halves; 15-minute halftime
- Overtime: 30 minutes extra time if tied (in knockout games), followed by penalty shoot-out if still tied.
- Fouls: Free kicks or penalty kicks awarded for fouls; yellow/red cards issued for misconduct.
- Switching Sides: Teams switch sides at halftime.
- Illegal Moves: No handball (except goalkeeper within penalty); no slide tackles if unsafe; no aggressive contact such as pushing.



VOLLEYBALL

POC :
KEVIN SAMUEL R : 81483 64568

GENERAL INFO

- The referee's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (volleyball shoes, shorts, and jersey).
- No jewelry or adornments; nails must be trimmed.
- Basic first-aid will be provided.

FORMAT & PARTICIPATION

- **Scoring:** Each set is 25 points (win by 2 points)
- **Match Format:** Best of 3 or 5 sets. - Final set (if applicable) is 15 points.
- **Serving:** -Serve must be from behind the end line and can go anywhere
- **Switching Sides:** Teams switch sides after each set and at 8 points in the final set.
- **Rally:** - Players must alternate hits, and the ball must land on the opponent's side.
- **Illegal Hits:** No lifting, carrying, or double hits.
- **Illegal Moves:** No player may touch the net or step under the net.

THROWBALL

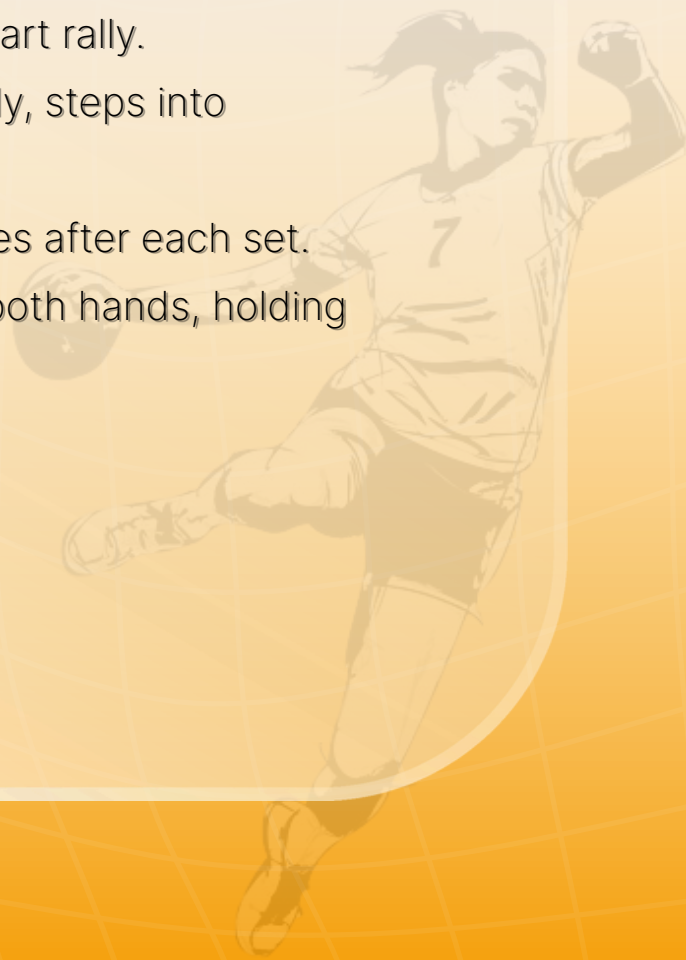
POC :
CHARISHMA : 6366615128

GENERAL INFO

- Referee's decision is final.
- Teams arrive 15 minutes prior.
- Proper attire: jersey, shorts, court shoes.
- No jewelry; nails trimmed.
- Basic first-aid available

FORMAT & PARTICIPATION

- Scoring: 1 point per legal throw landing in opponent's court.
- Match Format: best 3 sets of 25 points (win by 2).
- Overtime: play continues until 2-point lead.
- Serving: ball thrown over net to start rally.
- Fouls: Ball dropped, thrown illegally, steps into net-point to opponent
- Switching Sides: Teams swap sides after each set.
- Illegal Moves: Catching ball with both hands, holding ball too long, touching net.



HANDBALL

POC :
PAUL K SIJU : 94831 57182

GENERAL INFO

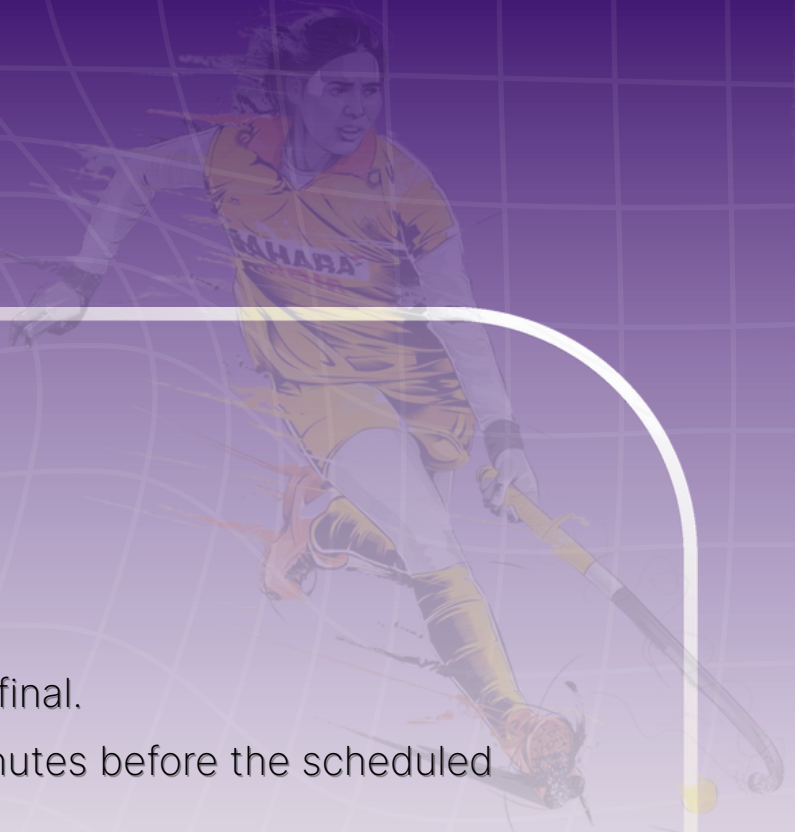
- The referee's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (handball shoes, jersey, shorts)
- No jewelry or adornments; nails must be trimmed
- Basic first-aid will be provided

FORMAT & PARTICIPATION

- Scoring: Each goal is worth 1 point
- Match Format: Two 30-minute halves.
- Serving: No formal serve in handball; game starts with a throw-off from the center
- Rally: Players can take 3 steps without dribbling the ball.
- The ball must be thrown from outside the 6-meter area for a goal attempt.
- Switching Sides: Teams switch sides after the first half.
- Illegal Moves: No holding the ball for more than 3 seconds.
No stepping into the 6-meter zone.



HOCKEY



GENERAL INFO

- The umpire's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (hockey kit, shin guards, mouthguards)
- No jewelry or adornments; nails must be trimmed.
- Basic first-aid will be provided.

FORMAT & PARTICIPATION

- Scoring: Each goal is worth 1 point.
- Match Format: Two 35-minute halves (or as specified)
- Serving: Game begins with a center pass.
- Rally: Players must pass or dribble the ball.
- Only the flat side of the stick may be used to strike the ball.
- Switching Sides: Teams switch sides after halftime.
- Illegal Moves: No high sticks (above waist level)
- No footwork to stop the ball.

CRICKET

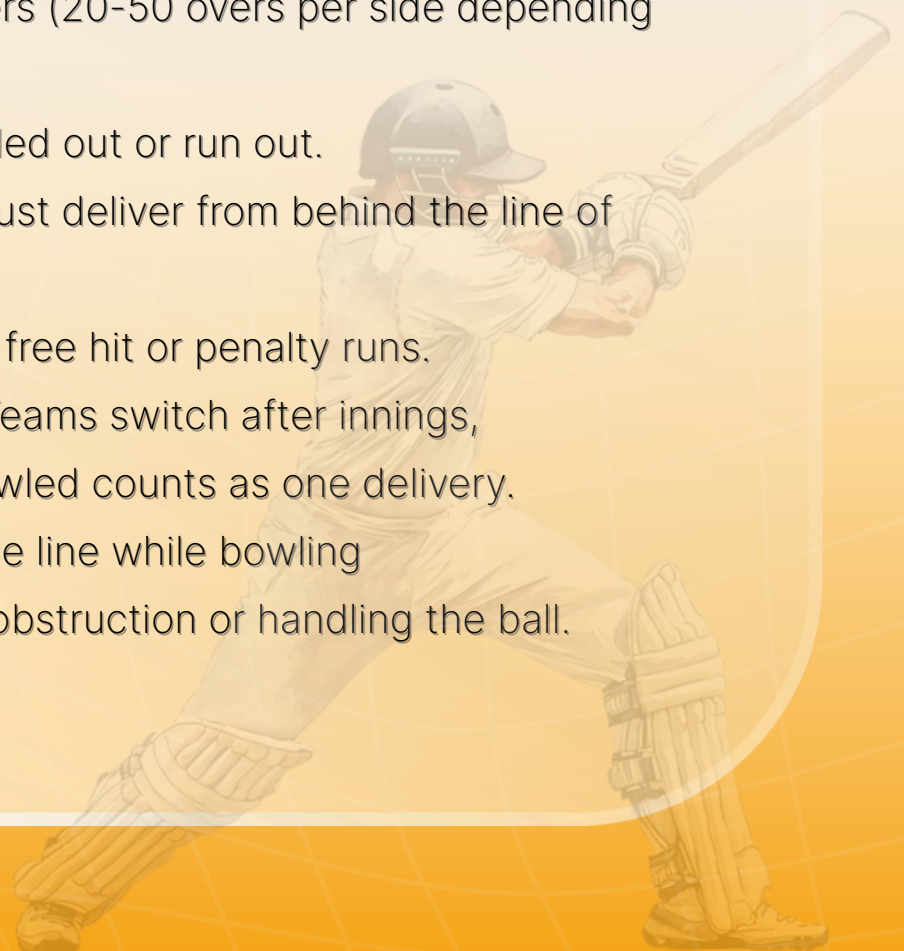
POC :
RISHIT NEGI : 9742384807

GENERAL INFO

- The umpire's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (cricket whites, pads, gloves).
- No jewelry or adornments; nails must be trimmed.
- Basic first-aid will be provided.

FORMAT & PARTICIPATION

- Scoring: 1 run per successful completion between wickets.
- Match Format: Overs (20-50 overs per side depending on format)
- Teams can be bowled out or run out.
- Serving: Bowler must deliver from behind the line of the crease.
- No-balls result in a free hit or penalty runs.
- Switching Sides: Teams switch after innings,
- Rally: Each ball bowled counts as one delivery.
- No overstepping the line while bowling
- Illegal Moves: No obstruction or handling the ball.



BADMINTON

POC :
JACQUILINE SHIGU : 7022819113

GENERAL INFO

- Umpire's decision is final.
- Players arrive 10 minutes before match.
- Proper attire: jersey, shorts/skirt, non-marking shoes.
- No jewelry; nails trimmed.
- Basic first-aid provided.

FORMAT & PARTICIPATION

- Scoring: Rally to 21 points.
- Overtime: If the game continues beyond 21 until two-point lead or one reaches 30.
- Serving: Underhand diagonally into service court
- Fouls: Shuttle lands out, hits net (on serve), double hit.
- Switching Sides: Change ends after each game and when leading 11 points in 3rd game.
- Illegal Moves: Obstruction of opponent; reaching over net.

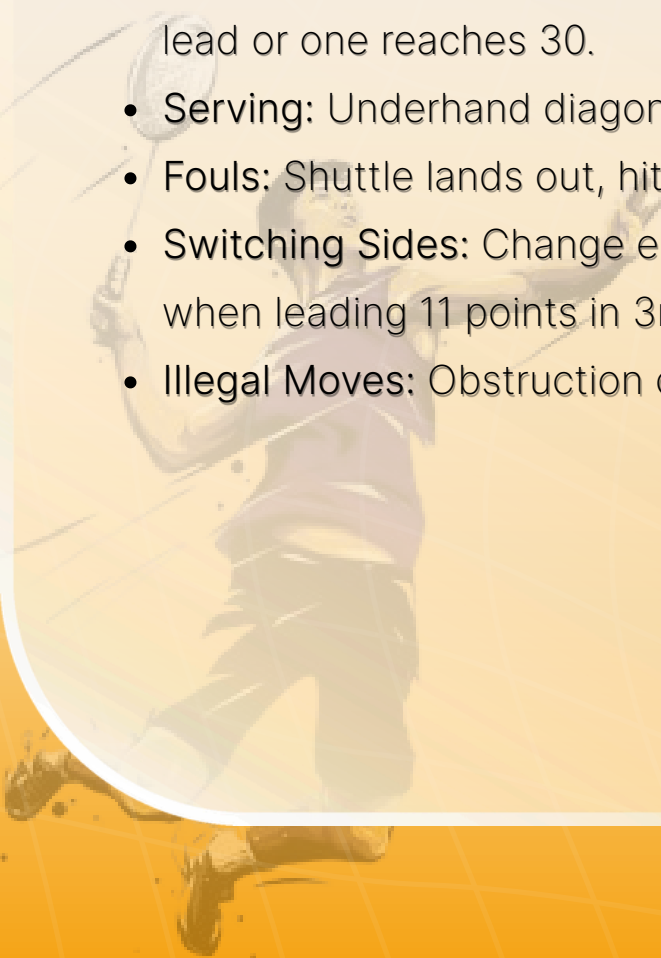


TABLE TENNIS

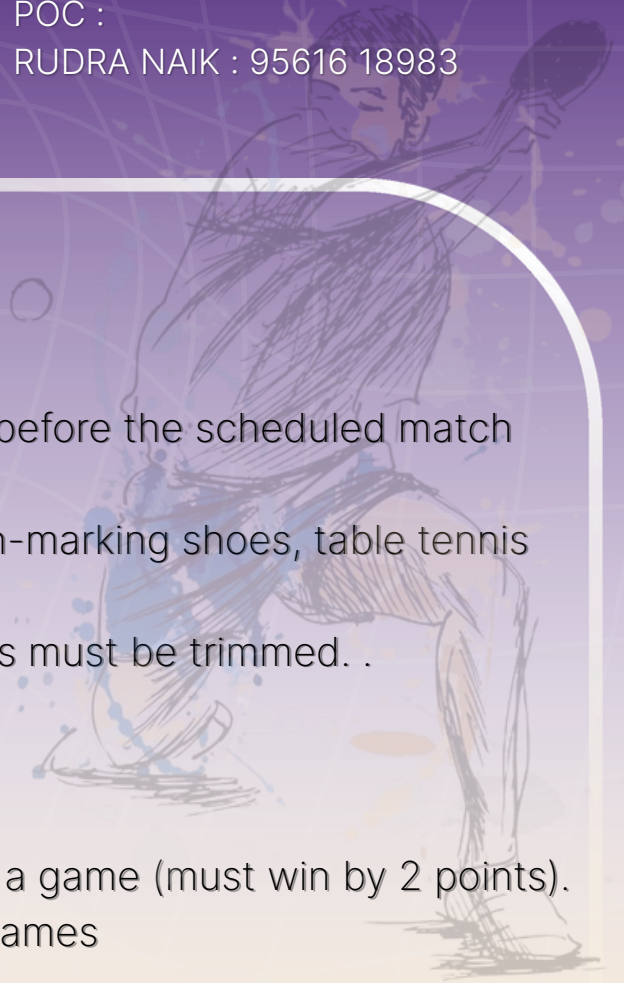
POC :
RUDRA NAIK : 95616 18983

GENERAL INFO

- The umpire's decision is final.
- Teams must arrive 15 minutes before the scheduled match time.
- Proper attire is mandatory (non-marking shoes, table tennis shirt, and shorts/skirt)
- No jewelry or adornments; nails must be trimmed. .
- Basic first-aid will be provided.

FORMAT & PARTICIPATION

- **Scoring:** First to 11 points wins a game (must win by 2 points).
- **Match Format:** Best of 5 or 7 games
- **Serving:**
 1. Serve diagonally in doubles, anywhere in singles.
 2. Toss the ball at least 16 cm (6 inches) up.
 3. Ball must land on your side first, then opponent's side.
- **Rally:**
 1. Alternate hits, ball must bounce on opponent's side.
 2. Miss, net touch (without landing), or double bounce = point to opponent.
- **Switching Sides:** Switch sides after each game, and at 5 points in the final game.
- **Let Serve:** If serve hits the net and lands correctly, it's a let-replay the serve
- **Doubles:**
 1. Teammates alternate hits.
 2. Serve always diagonally from the right court.
- **Illegal Moves:** No touching the table with the free hand.



TUG OF WAR

GENERAL INFO

- Referee's decision is final.
- Teams arrive 15 minutes before match.
- Proper attire: sturdy shoes, gloves optional.
- No jewelry; nails trimmed.
- Basic first-aid provided.

FORMAT & PARTICIPATION

- Scoring: pull opponent over center mark.
- Match Format: best of 3 or 5 pulls.
- Overtime: extra pull if tie.
- Fouls: Touching ground with anything but feet; sudden drop or wrap around body.
- Switching Sides: Teams switch ends halfway through pulls.
- Illegal Moves: Sitting, dropping rope, hooking rope with body.



KABADDI

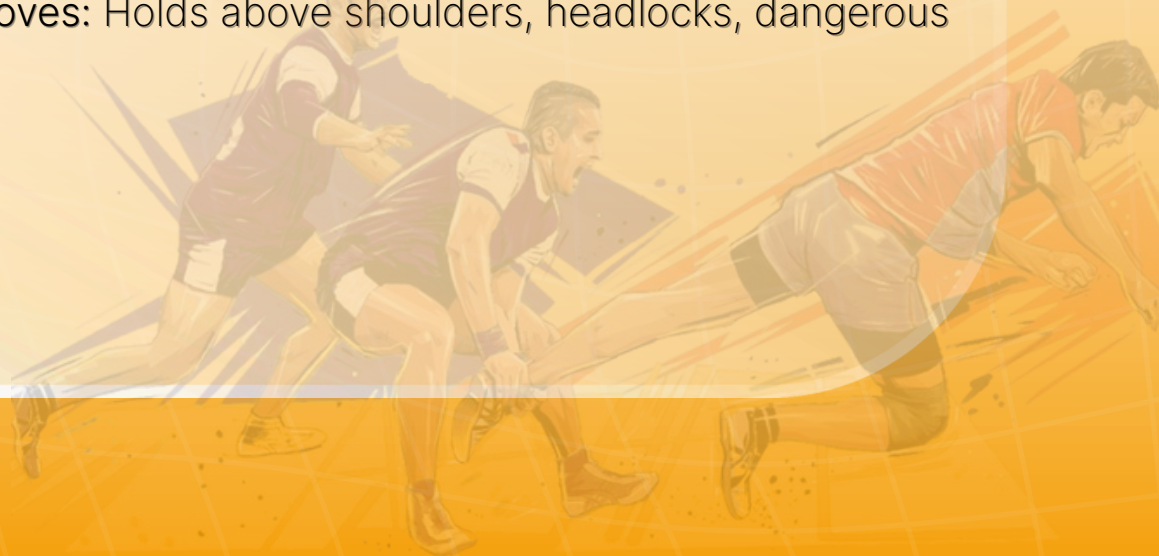
POC :
MADHAVAMRITH : 9916644190

GENERAL INFO

- Referee's decision is final.
- Teams arrive 15 minutes before match.
- Proper attire: jersey, shorts, soft shoes/mats bare-footed.
- No jewelry; nails trimmed.
- Basic first-aid provided.

FORMAT & PARTICIPATION

- Scoring: 1 point per touch or raid; extra for bonus, all-out yields team points.
- Match Format: two 20-minute halves with 5-minute break.
- Overtime: tie-breaker raid-by-raid
- Fouls: Illegal tackle, stepping out, taking more than 1 breath-raider out
- Switching Sides: Roles reverse each raid.
- Illegal Moves: Holds above shoulders, headlocks, dangerous tackles.



CHESS

POC :
KADAM BHARATH SAMRAT : 9030403206

GENERAL INFO

- Arbiter's decision is final.
- Players arrive 10 minutes before round.
- Proper attire not regulated; respectful clothing
- No jewelry that beeps or distracts.
- Basic first-aid on site.

FORMAT & PARTICIPATION

- Scoring: 1 point for win, 1/2 for draw, 0 for loss.
- Match Format: number of games varies by event.
- Overtime: tie-break rapid/blitz games if required
- Fouls: Illegal move: must retract and make legal one; repeat may lose on time.
- Switching Sides: White and black alternate games.
- Illegal Moves: Touch-move enforced; no outside assistance.

