



**Bal Bharati**  
PUBLIC SCHOOL  
RGPPL RATNAGIRI

## **BAL SABHA ACTIVITY (2023-24)** **Class VII & VIII**

**“A WINNER NEVER STOPS TRYING”**

<b>Date</b>	:	<b>25 .08 . 2023</b>
<b>Theme</b>	:	<b>Check My Speed (Skipping Competition.)</b>
<b>Nature</b>	:	<b>Individual</b>
<b>Time</b>	:	<b>1 minute for performing the Activity. (Excluding the introduction part)</b>
<b>Judgment Criteria:</b>	1)	<b>Maximum Numbers of Correct Skipping in 1 minute.</b>

### **Rules & Regulations :**

1. Introduce yourself (Name, Class; School House)
2. Wear house T-shirts and lower/legging / Shorts to perform Skipping (If available)
3. Skipping should be correct.
4. Participants have to bring their own skipping rope.
5. The playing floor should be squared shape of 3m x 3m.
6. The competitors are required to step towards the starting line before rope jumping. The total timing is measured once the participants begin their matches from the starting line.
7. Broken Rope or Handle: If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
8. Injury: In case of an injury during the competition, the skipper will decide whether to continue the event or not.
9. Separate events will be held for Boys; Girls category.
10. Please adhere to the rules; regulations.

**Judge 1 : Ms Vinita - 7755911486**

**Judge 2 : Mr Pratik - 86172 90422**

Note: \* Participation in Sports activity is compulsory. Non participant will be marked as absent.

\*For any further information please contact Mr. Navinder Lakhanpal (Physical Education Tr. BBPS RGPPL). Mob. No. (what's app Number) 9420910620 and 9421140517