



School Games Federation of India



Recognised by-Ministry of Youth Affairs & Sports, Govt. of India

Member : International School Sports Federation, Asian School Sports Federation, Asian School Football Federation

PATRON-IN-CHIEF (Honorary & Emeritus)
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DELHI

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Asst. Director, Sports & Public Instruction
Chattisgarh, Raipur

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मोबाइल दिनांक - 03-Sep-16

प्रति,

महासचिव,
स्कूल गेम्स फेडरेशन ऑफ इंडिया

विषय:- लगोरी खेल के नियमों के प्रकाशन विषयक।

विषयान्तर्गत लगोरी खेल के नियमों का संपूर्ण विवरण संलग्न कर प्रेषित है। उक्त नियम लगोरी फेडरेशन ऑफ इंडिया से प्राप्त हुये है। उक्त नियमों का परीक्षण किया गया। नियमों के अनुसार खिलाड़ियों की संख्या संबंधी नियम एवं ग्राउण्ड आकार निम्नानुसार रखा जाना प्रस्तावित है:-

1/ खिलाड़ियों की संख्या :-

लगोरी खेल में खिलाड़ियों की कुल संख्या 12 होती है। इसमें एक गेम के अन्तर्गत 06 खिलाड़ी मैदान के अंदर खेलने हेतु उपस्थित रहेंगे तथा 06 खिलाड़ी मैदान के बाहर बॉल उठाने के लिये उपस्थित रहेंगे। यदि मैच के दौरान कोई खिलाड़ी घायल होता है तो उसके स्थान पर अन्य खिलाड़ी को चेंज किया जा सकता है परंतु यदि कोई खिलाड़ी घायल नहीं होता है तो किसी भी सेट के दौरान इन 06 खिलाड़ियों में से किसी को नहीं बदला जा सकता है। सेट समाप्त होने के उपरांत ही खिलाड़ी आवश्यकतानुसार बदले जा सकते है।

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
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2/ लगोरी खेल के मैदान का आकार :-

लगोरी खेल का ग्राउंड आयताकार रहेगा जिसकी लंबाई 81 फीट एवं चौड़ाई 45 फीट रहेगी। आयताकार मैदान के चारों कोनों पर 3 गुणा 3 वर्ग फीट के चार कार्नर बनाये जायेंगे। मैदान के बीचों बीच 1 गुणा 1 वर्ग फीट का वर्गाकार गोला रहेगा जिसमें लगोरी को रखा जाता है। मैदान को तीन भागों में विभाजित किया जायेगा। वर्गाकार एक फीट के बीच भाग से ब्रेकर और कैचर की दूरी मध्य से दोनों तरफ 12-12 फीट रहेगी। कैचर पाइंट 3 गुणा 3 वर्ग फीट का रहेगा।

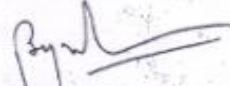
उपरोक्तानुसार खिलाड़ियों की संख्या के संबंध में उक्तानुसार नियमों से सहमत होते हुए स्कूल गेम्स फेडरेशन ऑफ इंडिया की समस्त इकाईयों को सूचित किया जाना उचित होगा एवं स्कूल गेम्स फेडरेशन ऑफ इंडिया के वेबसाइट पर लगोरी खेल के उक्त नियमों को अपलोड किया जाना प्रस्तावित है।


(के.एस.मूर्ति)

सदस्य

तकनीकी समिति

स्कूल गेम्स फेडरेशन ऑफ इंडिया


(वी.वी.सक्सेना)

अध्यक्ष

तकनीकी समिति

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1.1 GENERAL PRINCIPLES

- The Lagori ground should be situated on a tract a grassy field, clay ground, wooden court, cement court, beach & it's should be design for games & Competition.
- On the Lagori ground, the natural objects such as tree, grove, low wall, should be avoided.
- The outer of the ground boundary can be set up as spectator area with references to the natural features.
- The ground design layout plan of the Lagori should be displayed at the ideal strategic visible location.

1.2 LAGORI GROUND DESIGN

- The design of the Lagori ground shall comprise single in number
- The total length of the Lagori ground is approximate in Feet.
- In principles, the surface of the ground shall be even and smooth.

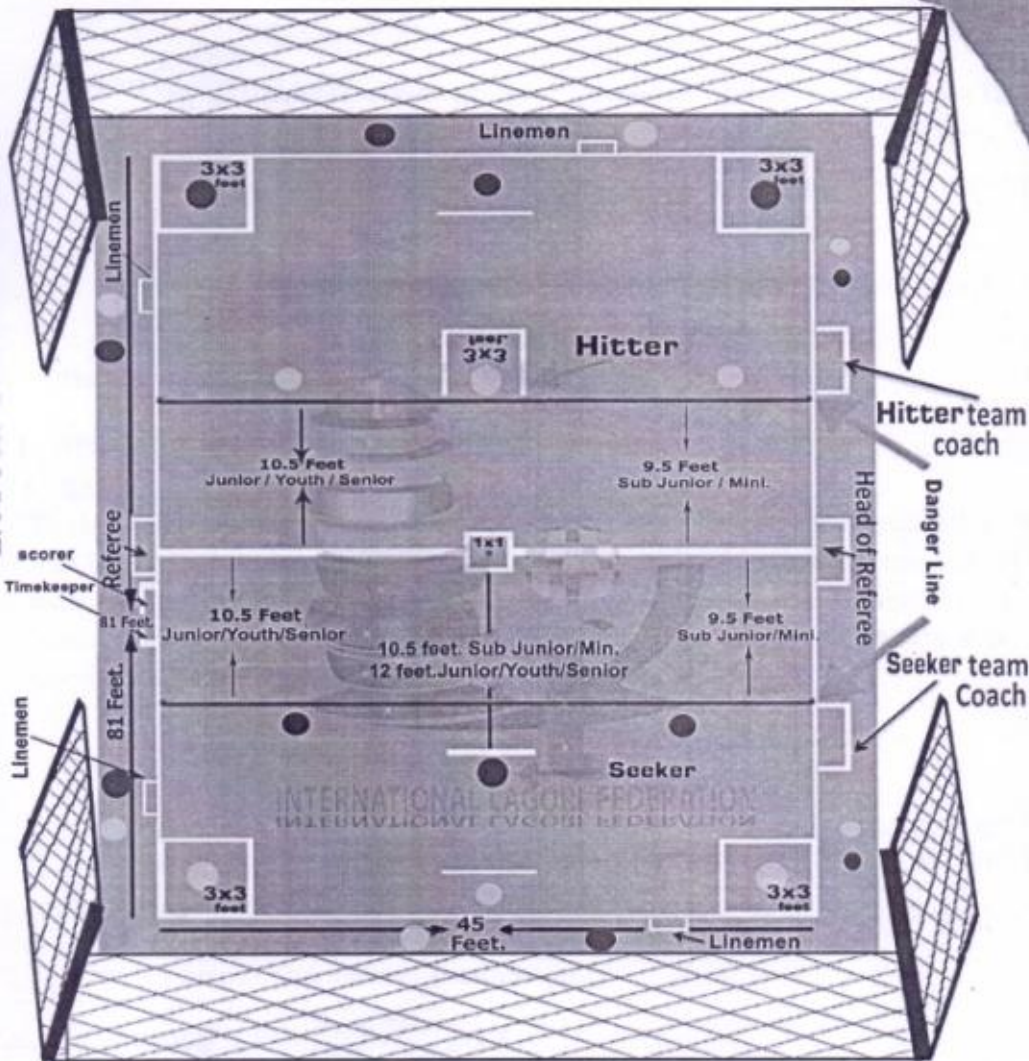
1.3 SPECIFICATION OF THE LAGORI GROUND

- Lagori ground is rectangular in shape with 81 feet length & 45 feet in Width.
- There should be 3×3 feet box on 4 corner of rectangular, as shown in figure below.
- A center line should be drawn from the center of the rectangular which divides rectangular in 2 equal parts.
- There should be box made in the center of the ground of 1 square feet to keep Lagori.
- The lines drawn from the center to both sides are Danger line which distance are,
 - ✓ 9.5feet - Mini group and Sub Junior group.
 - ✓ 10.5 feet – Junior, Youth and Senior group.
- There is one 3×3 box inside the Danger line to hold the position of CATCHER.
- The breaker line on ground from center point is,
 - 1) 10.5 feet – Cub Class & Sub Junior
 - 2) 12 feet – Junior ,Youth & Senior
- The line drawn to make the ground should be 5 cm width.

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LAGORI GROUND DESIGN



● - Hitter Team Player's

● - Seeker Team Player's

OLD LAGORI



NEW LAGORI

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LAGORI EQUIPMENTS

- Lagori equipment includes,

- ✓ Ball
- ✓ Lagori
- ✓ Net
- ✓ Whistle
- ✓ Score Sheet
- ✓ Stopwatch
- ✓ Yellow & Red card.
- ✓ Supporter & Center Guard

The Lagori equipment's are certified as qualified by ALFI.

2.1 SPECIFICATION OF EQUIPMENT

- **BALL**

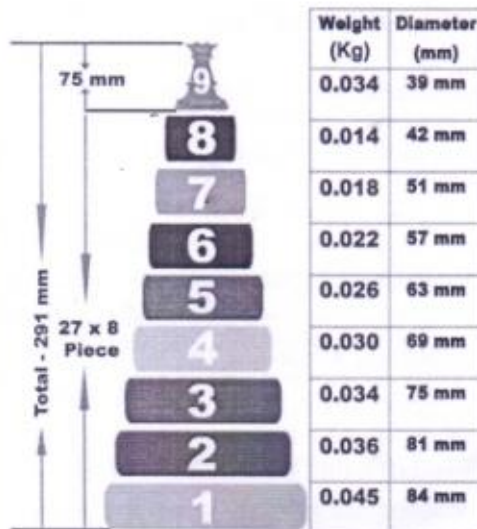
The ball shall be round sphere - shaped ,made of rubber. The ball shall weigh not more than 85 gms and not less than 75 gms and shall measure not less than 210 mm and not more than 230 mm in circumferences. The ball to be used in the matches should have been approved by federation. The ball can only be changed until the permission of the umpire in the following condition.

- ✓ If the ball is lost or cracked
- ✓ If the ball is out shape.

- **LAGORI**

Lagori includes 9 slab of PLASTIC.

Lagori slab include 9 slab which contains number from Top Slab no. 9, & going DOWNWARD such as 8,7,6,5,4,3,2 &1.



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3. LAGORI TEAM

3.1 ORGANIZATION OF LAGORI TEAM

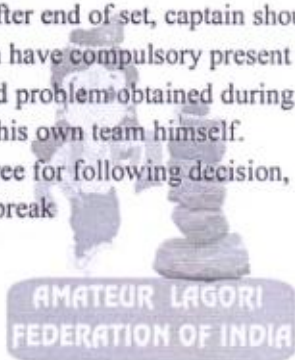
- Team members and staffs: The team consists of team leaders, coach, manager, captain and team members.
- Each team can registered **12 players** including the captain. For the game **6 of them** can play in the game and **6 players** will be out of the ground to pass the ball.

3.2 PLAYERS

- The player who did not enter and register his / her name for the game, is not permitted to play in the game.
- Similar fashion outfit are required for players in the game recommend by Federation.

3.3 CAPTAIN'S ROLE IN GAME

- If any team have doubt about the decision of referee then the captain of that team can appeal to Referee for Third Umpire decision
- If the players interchange after end of set, captain should inform that to referee & table
- Before match starts, captain have compulsory present for toss.
- If any Technical queries and problem obtained during match then, only team captain have to face it and manage his own team himself.
- Captain can appeal to Referee for following decision,
 - ✓ One bounce Lagori break
 - ✓ One bounce catch
 - ✓ Alternate pass
 - ✓ Seventh pass
 - ✓ Line brake



3.4 PLAYERS UNIFORM

- In uniform: Half T-Shirt, Game Pant, Shoes, Socks, etc.
- In same way there should be **1 to 12** numbers printed on back side of T-Shirt.
- Player shall bring his / her identification tag for eligibility certification at all times.

4. FUNCTIONS AND RESPONSIBILITIES OF REFEREE.

4.1 REFEREE:

- Before the match starts 2 Referees shall be appointed to control the game as required by the laws with absolute impartiality.
- Before the toss and during the match, the referee shall satisfy with all equipment's and ground marking.

4.2 CHIEF REFEREE (Third Referee)

- Understand the practice and conduct of game.

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- Assign Referee to the game and notify the particulars for attention.
- Assist the referee to settle the problem arising in the execution of the game, Check the final scores.
- Request to convene the protest committee in case an appeal or protest is Submitted & report the incident to the committee.
- Announce the Rules of play & the particulars for attention to the players in advance of playing if necessary.
- If Referee have any doubt regarding decision, then they ask for Chief Referee.
- Chief Referee gives decision only when Referees are requested. No one else appeal directly to Chief Referee.

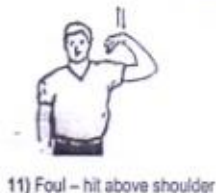
4.3 THIRD UMPIRE

He should observe video recording from each angel to take the Final Decision.

4.4 LINEMEN

2 Linemen shall be assigned in game to assist Referee in Judging whether the player are crossing the boundary.

SIGNS AND SIGNALS OF REFEREE



AMATEUR LAGORI
FEDERATION OF INDIA

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THE GAME

Lagori game is conducted in accordance with the Rules and Regulation of the ALFI.

6.1. GENERAL PRINCIPLES

- The team who Break the Lagori, is called as "Seeker team" and another is "Hitter team"
- Match will be best of three set, and one set is of 3 minute.
- After each set there will be a gap of 30 second.
- If the Player is not in Proper kit then he cannot play the match, the team coach or team manager has to change the player.
- If the Player of any team is injured then the captain or team coach can Change the Player.
- If the Player is not injured then the captain or team coach cannot Change the Player before over the set.
- Game shall continue till the end of time or Seeker gets Out.
- One Player can played only 2 sets in the match.

6.2. PROCEDURE OF COMPETITION

• THE START OF PLAY

- ✓ The teams shall start to play in accordance with the order of playing set by Referee or draw lot basis.
- ✓ Both captains from announced team have tossed with present of Referee.
- ✓ The team who won the toss chooses the side to play.
- ✓ Before starting the game both the teams have to take correct position.
- ✓ Game does not start till referee get satisfied with position.
- ✓ After indication and whistle of referee, game will be started.
- ✓ In case the team in the game is five minutes late or refuses to play after the Referee announced the start for play, then opposite team is declared as Winner.

• PROCESS OF PLAY

- ✓ Players of the Seeker team throw a ball at Lagori to trying to knock them over.
- ✓ If they can, then the Seeker team tries to restore the Lagori.
- ✓ While the opposing team (Hitter team) tries to hit the ball at them.
- ✓ Hitter team should compulsory hit the ball over arm & without bounce, to out the seeker team, to break the Lagori and for pass also.
- ✓ The player compulsorily does the Lagori in arranged numeric format.
- ✓ Hitter team does not carry the ball and walk.
- ✓ If the ball touches to any player of Seeker team, then his team gets out.
- ✓ If the Seeker is not under danger line area then Hitter does out him only below face in whole body.
- ✓ But if Seeker is placed under danger line then he should out when ball touches him in whole body.

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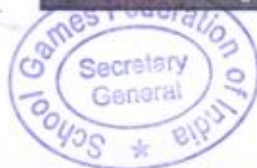


- ✓ But the players from Seeker team can safeguard himself by touching the opposite team member, before they (Hitters) hit them.
- ✓ The Hitter team cannot out any Seekers player if the hitter is present inside the danger line area. (Located on the layout of Lagori ground [1.4] drawn by red line.)
- ✓ Players, who stands in 3 x 3 boxes, does not step out from box before Lagori is break.
- ✓ The ball came inside after gone from outside of the ground, Hitter should Compulsorily pass the ball to opposite side to the center line inside the ground before hitting the Seekers. If the ball comes from out side & directly hit to the seeker then it would be consider as Not Out.
- ✓ Clearly mark the boundary. If any of the Seekers crosses it then they are out.
- ✓ In the Seekers team every player gets 3 chances to knock down the Lagori.
- ✓ If any one of the team can't break Lagori, then they get another extra chance to knock down the Lagori before 3 minutes.
- ✓ But if Seekers succeed to break Lagori in second chance, after restoring the Lagori they get half point of total score.
- ✓ If the Seeker breaks the Lagori and catcher (Hitter) caught the ball directly without bounce then Seeker team is out.
- ✓ After hitting Lagori, Seekers should compulsory touch it, otherwise they will obtain 0 score.
- ✓ If the Hitters received the ball then he/she should not keep the ball in hand more than 3 second.
- ✓ After 6 passes, there is compulsion of 7th pass that is Hit, to opposite team.
- ✓ The teams will play 5/3 set & the team who will win 3/2 sets is the Winner.
- ✓ If, match tie after 5/3 Set's also, then both teams will get 6 chances with alternate player to only break Lagori which is called **GOLDEN HIT**.
- ✓ The team who break most Lagori in 6 Chance that team will win the Match.
- ✓ For safety purpose it is compulsory to wore Face Guard & Centre guard for Seekers Teams.

SKILLS

- ✓ Breaking the Lagori, Receiving the ball.
- ✓ Passing, Defence.
- ✓ Building the pile of Lagori.
- ✓ Distracting the opposite team from building the Lagori.
- ✓ Need perfect concentration of the seeker team player while breaking the Lagori.

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INFRACTION OF RULES IN GAME

7.1 PENALTIES

- If Seeker is not under danger line and ball hit by Hitter on his face then it is a foul.
- The players if holds, pushes or blocking each other then it is a foul.
- If a team intentionally drops the Lagori, then the referee gives a foul.
- After 6th continuous passes, if there is no hit to Seeker then it is a foul.
- If a team makes 3 fouls in set, then opposite team will receive – 1 point,
If a team makes 5 fouls in set, then opposite team will receive – 2 point,
If a team makes 9 fouls in set, then opposite team will receive – 10 point.

7.2 YELLOW CARD

- If the player argues with the official or referee then he will be given a yellow card.
- If the Lagori is dropped by the Hitter, then the Referee will show the yellow card.
- If the player is Pushing, Holding, Blocking etc.

7.3 RED CARD

- If the player does the same mistake again and again then the player will be given a red card and disqualified the match.

7.4 SUBSTITUTION

- If the player has any injury during the game, then only with permission of Referee and Doctor, the player can be substituted.
- If the Referee and Doctor does not give the permission, the player has to play.
- Even then the team wants substitution, and then the Chief Referee can take the decision.
- If the set is over then the player can be changed.



TIMEOUT

8.1 OFFICIAL TIMEOUT

- If any doubts obtained during the match.
- If decision pending for third Umpire
- If any arguments on ground during match
- If any technical problem obtained regarding game

8.2 GAME TIMEOUT

- After complete Lagori
- If any player get injured during game
- If team captain demanded for any objection
- If Lagori breaks in one bounce then for arranging Lagori.

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BENEFITS OF THE GAME

1. It enhances team coordination :-

This game helps the player to co-ordinate and co-operate with each other. In this game each player need to pass the ball to other player, if there is no team co-ordination then the team may lose the game. That's why, it is necessary to have team co-ordination so as to win the game. In this way all the players learn the significance of team co-ordination.

2. It increases concentration :-

While playing this game, players need to concentrate properly during each & every hit, pass & out.

3. It sharpens out eye sight :-

While playing this game, players need to concentrate on each and every move of other team. Hence, eye sight is sharpened.

4. It increases our stamina level :-

In this game, players need to run continuously to avoid getting out. Hence running increases player's stamina level.

5. It teaches players about team work :-

As this game is played between two teams, each player learns about team work. Team work creates friendliness among all the players.

6. It enhances motor fitness, alertness & activeness :-

In this game, after breaking the Lagori, all the players need to be quick & alert. One team needs to pass the ball quickly & the other team needs to rearrange the Lagori quickly. This enhances motor fitness in the players.

7. Playing Lagori Game regularly makes the players fit and healthy :-

In this game, both teams should be quick & alert. This game increases the gaming skills in the players. Players become alert during each & every hit, move, pass and stop the other team from rearranging the Lagori.

8. This game can be played by anyone from 3 years to 60 years :-

This game has no age barrier. Person of any age can play this game. This game if played regularly strengthens the person, enhances blood circulation in the body, increases immunity power & eventually makes the players healthy. This game can be played by kids as well as aged people for fun & enjoyment. This game provides player with happiness & fun.

9. This game can be played anywhere:-

This game can be played anywhere, indoor or outdoor, on beach & meadows, during all seasons. We can play this game even by using stones & paper ball.

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