

OFFICE OF THE PRESIDENT
SCHOOL GAMES FEDERATION OF INDIA

Chamber No. 704-05, Akriti Tower (7th Floor), 19B,
Vidhan Sabha Marg, Lucknow (U.P) – 226001
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F.No/2043 /SGFI/Rules/2025-26/

31st July, 2025

All Affiliated Units

School Games Federation of India

Sub: Implementation of rules and regulations of Specific Sports of SGFI

Dear Sir/Madam,

During the Annual General Body Meeting of SGFI held under the Chairmanship of President, at Constitution Club of India, New Delhi on 14th June, 2025, it was decided to adopt the latest feasible rules and regulations of National Sports Federations for the future events conducted by the School Games Federation of India (SGFI).

Accordingly, this Federation had conducted meetings with various National Sports Federations under the Chairman of Technical Committee- SGFI to implement the latest rules and regulations adopted by their International Sports Federations.

As suggested by the Chairman, Technical Committee, henceforth this Federation will be implementing the latest rules and regulations of the following sports:

- 1) Archery
- 2) Wushu
- 3) Yogasana
- 4) Weightlifting

Since the SGFI will be implementing the latest rules and regulations for the forthcoming 69th National School Championships, you are also requested to implement the latest rules and regulations for your state and district level championships. (Same are updated on SGFI Website)

Thanking you,

Yours sincerely,

Parth Suresh Doshi
Chief Executive Officer
School Games Federation of India



Encl: Latest Rules and Regulations

1. President, SGFI,
2. All Executive Committee Members, SGFI,
3. Chairman, Technical Committee, SGFI

Archery

Competition Rules

Recurve, Compound & Indian Round (M&W)

A) RECURVE - QUALIFICATION EVENT (MEN & WOMEN)

Category	Distance	Target Face Size	No. of Arrows at each end	No. of Ends	Total No. of Arrows	Total Points
Under 14	40 m	122 cm	6 Arrows in 3 min	6	36	360
	40 m	122 cm		6	36	360
						Total
(Under 17)	60 m	122 cm	6 Arrows in 3 min	6	36	360
	60 m	122 cm		6	36	360
						Total
(Under 19)	70 m	122 cm	6 Arrows in 3 min	6	36	360
	70 m	122 cm		6	36	360
						Total

B) COMPOUND - QUALIFICATION EVENT (MEN & WOMEN)

Category	Distance	Target Face Size	No. of Arrows at each end	No. of Ends	Total No. of Arrows	Total Points
(Under 14)	40 m	6-ring face with an 8 cm 10-ring	6 Arrows in 3 min	6	36	360
	40 m			6	36	360
						Total
(Under 17)	50 m	6-ring face with an 8 cm 10-ring	6 Arrows in 3 min	6	36	360
	50 m			6	36	360
						Total
(Under 19)	50 m	6-ring face with an 8 cm 10-ring	6 Arrows in 3 min	6	36	360
	50 m			6	36	360
						Total

C) INDIAN ROUND - QUALIFICATION EVENT (MEN & WOMEN)

Category	Distance	Target Face Size	No. of Arrows at each end	No. of Ends	Total No. of Arrows	Total Points
(Under 14)	30 m	122 cm	3 Arrows in 90 sec	12	36	360
	30 m	122 cm		12	36	360
						Total
(Under 17)	30 m	122 cm	3 Arrows in 90 sec	12	36	360
	20 m	80 cm		12	36	360
						Total
(Under 19)	40 m	122 cm	3 Arrows in 90 sec	12	36	360
	30 m	80 cm		12	36	360
						Total



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WU-SHU

Sr.No	U-17 Boys KG	U-17 Glrls KG	U-19 Boys KG	U-19 Glrls KG
1.	-45	-45	-48	-45
2.	-48	-48	-52	-48
3.	-52	-52	-56	-52
4.	-56	-56	-60	-56
5.	-60	-60	-65	-60
6.	-65	-65	-70	-65
7.	-70	-70	-75	-70
8.	-75	--	-80	-75
9.	-80	--	-85	--
10.	--	--	-90	--



SCHOOL GAMES FEDERATION OF INDIA

Guidelines for Rules, Regulation & Syllabus

Yogasana

1. The Yogasana competition will be held for Boys and Girls section separately.
2. The age groups in both the section of Boys & Girls are as under:
 - 1) Under 14 years
 - 2) Under 17 years
 - 3) Under 19 years
3. The competition will be held as per latest Code of Points attached on the website www.sgfi.org.in
4. The competition will be conducted in 4 events as under:
 - 1) Traditional Yogasana Single
 - 2) Artistic Yogasana Single
 - 3) Artistic Yogasana Pair
 - 4) Rhythmic Yogasana Pair

5. The contingent of athletes in each event will be as under:

Sr. No.	Event	Boys	Girls
1.	Traditional Yogasana Single	1	1
2.	Artistic Yogasana Single	1	1
3.	Artistic Yogasana Pair	1 Pair (2 athletes)	1 Pair (2 athletes)
4.	Rhythmic Yogasana Pair	1 Pair (2 athletes)	1 Pair (2 athletes)
	Total	6	6

6. One athlete can participate in maximum 3 events.
7. Cut-off date for age calculation will be as per SGFI norms.
8. Number of rounds in each event will be as under:

Sr. NO.	Event	Round 1 (Quarter Final Round)	Round 2 (Semi Final Round)	Round 3 (Final Round)
1)	Traditional Yogasana Single	✓	✓	✓
2)	Artistic Yogasana Single	X	✓	✓
3)	Artistic Yogasana Pair	X	✓	✓
4)	Rhythmic Yogasana Pair	X	✓	✓

Note: The number of rounds depends upon total number of participants in an event as per Code of Points, Chapter 1, Point 4 (page13).



9. Medal Count & Medal Tally is as under:

Sr. No.	Event	Medal Tally			Medal Count		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1)	Traditional Yogasana Single	1	1	1	1	1	1
2)	Artistic Yogasana Single	1	1	1	1	1	1
3)	Artistic Yogasana Pair	1	1	1	2	2	2
4)	Rhythmic Yogasana Pair	1	1	1	2	2	2
	Total	4	4	4	6	6	6

10. Event wise syllabus is as under:

Event wise syllabus is as under:

Sr. No.	Events	Details
1)	Traditional Yogasana Single	<div><div><div>1. This is an individual event.</div><div>2. There are compulsory and optional asanas to be performed.</div><div>3. Syllabus for following age group will be followed:</div></div><div><div>SGFI age category</div><div>For Under 14</div><div>For Under 17</div><div>For Under 19</div></div><div>4. For more details refer Code of Points, Chapter 5, Point 1 (Page 47-51)</div></div>
2)	Artistic Yogasana Single	<div><div><div>1. This is an individual event.</div><div>2. The rules are mentioned at Chapter 5, Point 2 (Page 52-60) of Code of Points</div></div></div>
3)	Artistic Yogasana Pair	<div><div><div>1. This is a pair event. Two athletes form the pair.</div><div>2. The rules are mentioned at Chapter 5, Point 3 (Page 61-69) of Code of Points.</div></div></div>
4)	Rhythmic Yogasana Pair	<div><div><div>1. This is a pair event. Two athletes form the pair.</div><div>2. The rules are mentioned at Chapter 5, Point 4 (Page 70-78) of Code of Point.</div></div></div>

11. Other necessary rules and regulations will be as per Code of Points of Yogasana .



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WEIGHT LIFTING

Sr.No	U-17 Boys KG	U-17 Girls KG	U-19 Boys KG	U-19 Girls KG
1.	56	44	60	48
2.	60	48	65	53
3	65	53	71	58
4.	71	58	79	63
5.	79	63	88	69
6.	88	69	98	77
7.	98	77	110	86
8.	+98	+77	+110	+86

