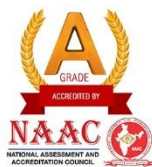




VINAYAKA MISSION'S
RESEARCH FOUNDATION

(Deemed to be University under section 3 of the UGC Act 1956)



SCHOOL OF ALLIED
HEALTH SCIENCES

VIMS Hospital Campus, Salem



SAHS
Organises



STATE LEVEL PARAMEDICAL SPORTS TOURNAMENT

FORZAHS 2K26

- ATHLETICS
- BASKETBALL
- CRICKET
- FOOT BALL
- KABADDI
- KHO KHO
- THROW BALL
- VOLLEYBALL

PRIZE
TROPHY
MEDAL
CERTIFICATE
OVERALL WINNER
OVERALL RUNNER

- BADMINTON
- CARROM
- CHESS



DATE

AUG 4,5,6 2026

VENUE: SAHS, VMRF-DU, SALEM

FORZAHS

“Where talent meets teamwork, champions are born.”

GUIDELINESS

Eligibility: Open to students from paramedical colleges (Allied and Health Care Sciences, Pharmacy, Nursing)

Registration: Mandatory, online, and must be completed before the deadline. Registration closes once capacity is reached.

Documentation: You must carry a valid college ID and a bona fide certificate.

Fees: Entry fees are strictly non-refundable. Keep your proof of payment (hard or soft copy) handy.

Multiple Events: If competing in more than one event, inform the in-charges in advance to avoid scheduling clashes.

Fixtures & Scheduling: Matches are drawn on the spot by slot method.

Official Rulings: All decisions made by referees, judges, and the organizing committee are final.

Sportsmanship: Strict discipline is required. Misconduct, aggression, or property damage will lead to immediate disqualification and disciplinary action will be taken.

Accommodation: Paid offline on the day of arrival. Rates are ₹100/day (without food) or ₹300/day (with food) per person.

Prize: First Place / Second Place / Third Place

LAST DATE OF REGISTRATION

30.07.2026

Cricket

Entry Fee:

₹ 2,500

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 15 players: 11 playing members and 4 substitutes.
3. Each match will consist of 10 overs, including a 3-over powerplay. The format may be adjusted based on registrations and weather conditions.
4. Matches will be played using a **Hard Tennis Ball** supplied only by the organising committee.
5. Five bowlers must be used, and each bowler may bowl a maximum of two overs.
6. Standard ICC cricket rules will apply, except for LBW and leg-bye rules.
7. The decisions of the umpire, referee, and organising committee will be final.

Men's Football

Entry Fee:

₹ **2,000**

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 10 players, including 5 substitutes. Five players will be permitted on the field at a time.
3. Each match will consist of two 10-minute halves with a 5-minute interval. The duration may be adjusted depending on the number of entries.
4. Standard **5's football** rules will be followed unless otherwise announced by the officials.
5. A valid college identity card and bona fide certificate are mandatory for every participant.
6. The decisions of the referee and organising committee will be final.

KABADDI

Entry Fee:

₹ 2,000

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 14 players, including substitutes.
3. Each match will follow a **10:5:10**. The duration may be modified depending on entries.
4. Amateur Kabaddi Federation of India (AKFI) rules will be followed.
5. The maximum permitted body weight is **85 kg**.
6. Every participant must carry a valid college identity card.
7. The decisions of the referee and organising committee will be final.

Volleyball

Entry Fee:

₹ 2,000

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 14 players, including substitutes.
3. Each match will be played as the **best of three sets**, with each set played to **25 points**.
4. Each team will be permitted one 30-second time-out per set.
5. Standard player rotation will be followed.
6. All applicable FIVB rules will be followed.
7. Every participant must carry a valid college identity card.
8. The decisions of the referee and organising committee will be final.

Throwball

Entry Fee:

₹ 2,000

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 12 players, including substitutes.
3. Each match will be played as the **best of three sets**, with each set played to **25 points**.
4. All applicable Throwball Federation of India (TFI) rules will be followed.
5. Every participant must carry a valid college identity card.
6. The decisions of the referee and organising committee will be final.



Basketball

Entry Fee:

₹ **2,000**

Per Team

1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 12 players, including substitutes, with five players permitted on the court at a time.
3. Each match will consist of **four quarters of 5 minutes** each. In the event of a tie, a 5-minute overtime period will be played.
4. All matches will be conducted in accordance with FIBA basketball rules.
5. Every participant must carry a valid college identity card.
6. The decisions of the referee and organising committee will be final.

Badminton

Entry Fee:

₹ 1,000

Per Team



1. All matches will be conducted in a knockout format.
2. The competition format will include **singles, doubles, and reverse singles**, subject to the number of entries.
3. Each match will be played as the **best of three games**, with each game played to **21 points**.
4. All matches will be conducted according to Badminton World Federation (BWF) rules.
5. Every participant must carry a valid college identity card.
6. The decisions of the referee and organising committee will be final.

KHO-KHO

Entry Fee:

₹ 2,000

Per Team



1. All matches will be conducted in a knockout format.
2. Each team may register a maximum of 15 players, including substitutes, with nine players participating on the field.
3. The match duration will be **9:5:9** minutes for men's matches and **7:5:7** minutes for women's matches, subject to the number of entries.
4. All matches will be conducted according to standard Kho-Kho rules.
5. Every participant must carry a valid college identity card.
6. The decisions of the referee and organising committee will be final.

Chess

Entry Fee:

₹ 300

Per Person



1. Chess will be conducted as an individual knockout event.
2. Standard chess rules will be followed. The time control for each match will be determined by the organising committee.
3. The use of mobile phones, electronic devices, notes, or outside assistance during a match is strictly prohibited.
4. Every participant must carry a valid college identity card.
5. The decisions of the arbiter and organising committee will be final.

Carrom

Entry Fee:

₹ 750

Per Team



1. All matches will be conducted in a knockout format.
2. The competition format will include **singles, doubles, and reverse singles**, subject to the number of entries.
3. Matches will be played according to standard carrom rules.
4. Players must report to the venue at least 15 minutes before the scheduled match time.
5. Only carrom powder and equipment approved by the officials may be used.
6. Every participant must carry a valid college identity card.
7. The decisions of the referee and organising committee will be final.

₹ 200

Per Person

Entry Fee:

₹ 400

Relay Team

Athletics



Track events for men & women:

- 100 metres
- 200 metres
- 400 metres
- 800 metres
- 1,500 metres

Throw events for men and women:

- Shot Put
- Discus Throw

Jump events for men and women:

- Long Jump
- Triple Jump

Relay events for men and women:

- 4 × 100 metres
- 4 × 400 metres

Mixed relay events:

- 4 × 100 metres
- 4 × 400 metres

1. All teams must report to the event officials at least 30 minutes before the scheduled start time.
2. All events will be conducted according to standard athletics rules and the instructions of the event officials.
3. Baton exchange, lane discipline, and all other competition requirements will follow standard athletics rules.
4. Every participant must carry a valid college identity card.
5. The decisions of the judges and organising committee will be final.

Registration Link

<https://forms.gle/4Msmg1RdKS3uBa9n6>



LAST DATE OF REGISTRATION

30.07.2026

Organising Committee Contacts

For registration, accommodation, event coordination, or further enquiries, please contact:

Mr P.Surya

Physical Director

95240 86014

Mr.S.Kuberan

99437 30271

Mr.T.Antony Godson

90926 12348

Mr.V.Vigneshwara

99940 46404

Ms.R.Umamaheswari

8220817050

Ms.J.Merlin Princy

8778608165

Account Details



Account Name	School of Allied Health Sciences
Account No	279201001054
Branch	VEERAPANDI
IFSC	ICIC0002792



“Compete with courage, respect every opponent, and let sportsmanship be your greatest victory.”

— **FROZAHS ORGANISING COMMITTEE** —