

My No. 2/SECA/ 1/14
Ministry of Education and
Cultural Affairs
'Isurupaya "
Battaramulla.
03rd January, 1994

To All:

Provincial Secretaries of Education,
Provincial Directors of Education,
Zonal Directors of Education,
Deputy Directors of Education in charge of Divisions.

SCHOOL SPORTS COMPETITIONS

The Ministry of Education and Cultural Affairs has decided that the following criteria should apply in conducting school sports competitions in and after 1994.

Action should be taken to conduct all stages of competitions in consultation with the Provincial Councils for selection of competitors and teams leading to National Level Competition and to present such competitors and teams for National Level Competition.

This Circular should be duly filed of record for future reference.

Instructions contained herein supersedes all other instructions issued hitherto with regard to School Sports Competitions. National Level Sports Competition will be held in September /October. The actual dates of these Meets will be notified to you in due course.

(R. I. T. ALLES,)
Secretary to the Minister of State
for Education.

cc.

1. Deputy Directors of Education/ Asst. Directors of Education, in charge of Physical Education
2. Divisional Sports Co-ordinating Officers

SPORTS COMPETITIONS FOR SCHOOLS

1. Classification of Sports

The Ministry of Education and Cultural Affairs, has classified the following for the conduct of School Sports Competitions

Compulsory Games

Athletics	(Boys/Girls)
Volleyball	(Boys)
Netball	(Girls)
Football	(Boys)

Optional Games

Volleyball	(Girls)
Elle	(Boys/Girls)
Physical Training	(Boys/Girls)
Gymnastics	(Boys/Girls)
Badminton	(Boys/Girls)
Table Tennis	(Boys/Girls)
Basketball	(Boys/Girls)
Hockey	(Boys/Girls)
Swimming	(Boys/Girls)
Softball Cricket	(Boys)
Boxing	(Boys)
Cycling	(Boys/Girls)
Competitions	
Body Building	(Boys)
Competitions	
Tennis	(Boys/Girls)
Wrestling	(Boys)
Chess	(Boys/Girls)

2. Only competitors who are above 13 years and below 21 years will be permitted to participate in the National Schools Sports Competitions. (Athletic competitions only will be held for those students who are over 19 years and under 21 years).

An Athletic Meet at the National Level will be held for students who are over 9 years and under 13 years. Age limits applicable to competitors for the respective games are given in this circular.

3 Entries for Competitions

3.1 Athletics

3.1.1 Competitors who secure first, second and third places at Provincial Level Meets and those competitors who excel or equalise the National Athletic performance level presented by this Ministry may participate in the National Level competitions.

3.1.2 2Teams which secure first, second and third places at Provincial Level Meets may be entered for the National Level competitions. (No National performance level will be presented with regard to team events.)

- 3.1.3 50 Competitors from each Province may be entered for the semi-marathon race conducted at National Level

3.2 *Team events*

- 3.2.1 Teams which secure first, second and third places in the following events at Provincial Level shall be made to participate at the National Level Competitions.

Volleyball	(Boys/Girls)
Netball	(Girls)
Football	(Boys)
Elle	(Boys/Girls)
Softball Cricket	(Boys)
Physical Training	(Boys/Girls)

- 3.2.2 Any number of teams from a province may be made to participate in the following events at National Level

Gymnastics	(Boys/Girls)
Badminton	(Boys/Girls)
Table Tennis	(Boys/Girls)
Basketball	(Boys/Girls)
Hockey	(Boys/Girls)
Swimming	(Boys/Girls)
Boxing	(Boys)
Tennis	(Boys/Girls)
Wrestling	(Boys)
Chess	(Boys/Girls)

- 3.2.3 25 competitors for the Cycling Event and any number of competitors for Body Building Competitions may be entered by each province at National Level Competitions.

4. General Rules

- 4.1 All competitors shall be within the stipulated age limit on 31st of December of the year in which the Events are held.
- 4.2 Students studying in G.C.E.(O/L) may participate at these events as students of such school till the release of results of the second sitting of G.C.E. (O/L) Examination. Provided however a student who has failed or has failed to obtain the necessary qualifications stipulated by the Ministry of Education and Cultural Affairs to follow a course of study in the G.C.E (A/L) will not be eligible to take part in any events held thereafter. The same rule will apply to those students who had been in the G.C.E. (O/L) for two years but sat the examination for the first time. Students who sat the G.C.E. (A/L) Examination for the second time cannot be entered as competitors as they will have to compulsorily leave school after the second attempt.
- 4.3 Students involved in sports activities, when admitted to another school due to various reasons will not be eligible to participate in any event representing the new school, before the lapse of a period of one year. However, if he / she desires to represent the new school at any Meet he/she should obtain the written consent of the Principal of the previous school stating he has no objection to such representation and the Principal of the New School on the written approval of the Ministry of Education and Cultural Affairs

shall enter him/her for such Meet. However this rule will not apply to new admissions to Year 6 and Year 12. The decision of the Secretary of the Ministry of Education and Cultural Affairs shall be final and conclusive with regard to any appeal made due to various reasons.

4.4 Only formal Certificates of Birth will be accepted in proof of age of competitors (photo copies of Certificates of Birth not certified by the District Registrar will not be accepted). All competitors shall produce their Certificates of Birth at National Level Meets.

4.5 Excepts those participating in Physical Training Competitions all competitors shall produce an identity card issued by the Postal Department or the Department of Registration of Persons at the National Level Meets. In addition to the Identity Card, a Pass Port size photograph certified by the Principal shall be produced at the National Level Meets.

In certifying the Photographs, the Name of Students, Date of Birth, Number of the Certificate of Birth, Admission No. and the class in which he/she studies should be included.

4.6 All competitions will be conducted in accordance with the general rules and regulations applicable to various Sports and Rules and Regulations promulgated by the Ministry of Education.

4.7 All applications from Provincial Level for National Level Competitions should be forwarded to reach the Sports and Extra Curricular Activities Branch of the Ministry of Education on or before the 15th of July.

4.8 All applications from Teams should be certified by the Teacher in charge of the Team, the Principal of the school D.D.E / A.D.E. in charge of Physical Education of the Province and the Provincial Director of Education. It should be noted that no amendments whatsoever will be entertained once applications for National Level competitions are closed.

5 Particulars of Competitions

5.1 Compulsory Sports Competitions - Athletics

5.1.1 Age Limits for National School Games

Under 15	Boys/Girls
Under 17	Boys/Girls
Under 19	Boys/Girls
Under 21	Boys/Girls

This age limit will not be taken into consideration when points are added for Championship or in the selection of the best Athlete.

5.1.2 COMPETITION EVENTS

Under 15 Boys/Girls
(Over 13 years and below 15 years)

Boys

100 metres
200 metres
400 metres
100 x 4 metres relay
High Jump
Long Jump
Put shot
(8 lbs. -13 ozs.)
Throwing the Discus
(1.0 kg.)
Throwing the Javelin
(600 g.)

Under 17 Years Boys/Girls
(Over 15 years -below 17 years)

Boys

100 metres
200 metres
400 metres
800 metres
1500 metres
110 metres Hurdles
(3 ft. 0 in.)

Boys

100 metres x 4 relay
400 metres x 4 relay
High Jump
Long Jump
Hop Step and Jump
Pole-vault
Put Shot (10 lbs.)
Throwing the Discus
(1.0 kg.)
Throwing the Javelin
(600 g.)

Under 19 Years Boys/Girls
(Over 17 Years -below 19 Years)

Boys

100 metres
200 metres
400 metres

Girls

100 metres
200 metres
100 x 4 metres relay
High Jump
Long Jump
Put shot
(8 lbs. -13 ozs.)
Throwing the Discus
(1.0 kg.)
Throwing the Javelin
(600 g.)

Girls

100 metres
200 metres
400 metres
800 metres
1500 metres
100 metres Hurdles
(2 ft. 9 ins.)

Girls

100 metres x 4 relay
400 metres x 4 relay
High Jump
Long Jump
Put shot (8 lb. 13 ozs.)
Throwing the Discus
(1.0.kg.)
Throwing the Javelin
(600 g.)

Girls

100 metres
200 metres
400 metres

800 metres
1500 metres
5000 metres
100 metres Hurdles
(3 ft. 3 ins.)
400 metres Hurdles
(3ft. 0 ins.)
100 metres x 4 Relay
400 metres x 4 Relay
High Jump
Long Jump
Hop Step and Jump
Put shot (12 lbs.)
Throwing the Discus
(1.5 kg.)
Throwing the Javelin
(800 g.)

800 metres
1500 metres
5000 metres
100 metres Hurdles
(2ft. 9ins.)
400 metres Hurdles
(2 ft. 6 ins.)
100 metres x 4 Relay
400 metres x 4 Relay
High Jump
Long Jump
Put Shot (8 lbs. 13 ozs.)
Throwing the Discus
(1.0 kg.)
Throwing the Javelin
(600 g.)

Under 21 Years Boys/Girls
(Over 19 years -below 21 years)

Boys

100 metres
200 metres
400 metres
800 metres
1500 metres
5000 metres
110 metres Hurdles
(3 ft. 6 ins.)
400 metres Hurdles
(3ft. 0 ins)
100 metres x 4 Relay
400 metres x 4 Relay
High Jump
Long Jump
Hop Step and Jump
Pole-vault
Put Shot (16 lbs)
Throwing the Discus
(2.0 kg.)
Throwing the Javelin
(800 g.)

Girls

100 metres
200 metres
400 metres
800 metres
1500 metres
3000 metres
100 metres Hurdles
(2 ft. 9 ins.)
400 metres Hurdles
(2 ft. 6 ins.)
100 metres x 4 Relay
400 metres x 4 Relay
High Jump
Long Jump
Put shot (8 lbs. 13 ozs.)
Throwing the Discus
(1.0kg.)
Throwing the Javelin
(600 g.)

5.1.3 A National Schools Junior Athletic Meet will be conducted for students Under 11 years and 13 years in addition to the National Schools Athletic Meet. Zonel Level applications for this Meet should be forwarded so as to reach the Sports and Extra Curricular Activities Branch of the Ministry of Education before the 15th of May.

5.1.4 EVENTS

National Schools Junior Athletic Meet Under 11 years

Boys/ Girls

(Over 9 years -below 11 years)

Boys

75 metres

100 metres

High Jump

Long Jump

Girls

75 metres

100 metres

High Jump

Long Jump

Under 13 years

(Over 11 years -below 13 years)

Boys Girls

100 metres

200 metres

100 metres x 4 Relay

High Jump

Long Jump

Boys/Girls

100 metres

200 metres

100 metres x 4 Relay

High Jump

Long Jump

- 5.1.5 Competitors and Teams which secure first, second and third places at the Zonal competitions will qualify for the National Schools Junior Athletic Meet. (District level will be accepted in provinces where Zone system is not functioning)
- 5.1.6 Every competitor shall produce his/her Certificate of Birth in proof of his/her age at the National Schools Junior Athletic Meet (Please see Para 4.3)
- 5.1.7 A photograph certified by the Principal of the school in which the competitor studies will be accepted a sufficient proof of identity at the National Schools Junior Athletic Meet.
- 5.1.8 In certifying the photograph the Name of the Student, Date of Birth, No. of the Certificate of Birth, Admission No. and the Class in which he/she studies should be included.
- 5.1.9 HALF-MARATHON RACE (BOYS)
Distance -21.0975 km.
- 5.1.9.1 A Half-marathon will be held as a special athletic event at the National Level.
- 5.1.9.2 Age Limit Over 15 years -below 19 years
- 5.1.9.3 50 competitors selected through suitable competitions at provincial level may be entered for the National Level Competition.

5.1.10 GENERAL RULES AND REGULATIONS -ATHLETICS

5.1.10.1 Competitions will be conducted in accordance with the rules and regulations of the International Amateur Athletic Association and the Sri Lanka Amateur Athletic Association.

5.1.10.2 Other than the Relay and half-marathon all competitors will be allowed to participate only in three athletic events.

5.1.10.3 A competitor at his/her discretion may present himself /herself for any three events.

5.1.10.4 Six competitors inclusive of two reserves may be registered for an Athletic Relay event.

5.1.11 HEPTATHLON AND DECATHLON COMPETITIONS

5.1.11.1 Competitions will be held at National Level for the under 21 (over 17 years and below 21 years) age group only.

5.1.11.2 HEPTATHLON (GIRLS) EVENTS

First Day -100 metres Hurdles, High Jump Put shot, 200 metres

Second Day -Long Jump, Throwing the Javelin, 800 metres

5.1.11.3 DECATHLON (BOYS) EVENTS

First Day -100 metres, Long Jump, Put shot High Jump 400 metres

Second day -110 metres hurdles, Throwing the Discus, Pole ,vault, Throwing the Javelin 1500 metres

5.1.11.4 The above events will be worked out on two consecutive days

5.1.11.5 The competitor who scores the highest number of points in accordance with the International Scheme of awarding points will be declared the winner.

5.1.11.6 Competitions will be held in accordance with the Rules and Regulations of the Amateur Athletic Association. Your attention is drawn to the following special stipulations.

(a) Competitors will be entitled to only three rounds of attempts, in the case of Long Jump and Throwing events.

(b) Three instances of non-compliance with the starting command will result in the competitor been disqualified from such event.

5.1.11.7 It will be compulsory for all competitors to take part in all events.

5.1.11.8 Only two competitors from each school can be presented for this competition.

5.1.11.9 Weight Limits for the Throwing Events are as follows

Girls Put shot (8 lbs 13 ozs) Javelin (600 grams)

Boys put shot (16 lbs)

Discus (2.0 Kg)

Javelin (800 grams)

5.1.11.10 HEIGHT OF HURDLES FOR HURDLES.EVENTS

Girls - 100 metres Hurdles -2 ft. .9 Ins

Boys - 110 metres Hurdles 3 ft. 6 Ins

5.1.12 NATIONAL SCHOOLS RELAY COMPETITION

5.1.12.1 Age Limits

This Tournament will be held at National Level under the following Age groups.

Under 15 years -Boys/Girls

Under 17 years -Boys/Girls

Under 19 years -Boys/Girls

Under 21 years -Boys/Girls

5.1.12.2 EVENTS

Under 15 years Boys/Girls

(Above 13 years -below 15 years)

Boys

100 metres x 4

200 metres x 4

400 metres x 4

Girls

100 metres x 4

200 metres x 4

400 metres x 4

Under 17 years Boys / Girls

(Above 15 years -below 17 years)

Boys

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

Girls

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

Under 19 years Boys / Girls

(Above 17 years -below 19 years)

Boys

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

1500 metres x 4

Girls

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

1500 metres x 4

Boys

Medley Relay

{100,200, 400, 800 metres)

Girls .

Medley Relay

(100, 200, 400, 800 metres)

Under 21 years Boys / Girls

(Above 19 years -below 21 years)

Boys

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

1500 metres X 4

Medley Relay

(100, 200, 400, 800 metres)

Girls

100 metres x 4

200 metres x 4

400 metres x 4

800 metres x 4

1500 metres x 4

Medley Relay

(100, 200, 400, 800 ,metres)

5.1.12.3 Each school will be entitled to present only one team for each relay event.

School Applications in respect of 5.1.11 and 5.1.12 shall be forwarded through the respective Provincial Directors of Education to reach the Sports and Extra Curricular Activities Branch of the Ministry of Education and Cultural Affairs on or before the 15th of May.

5.2 Compulsory Games -Volleyball (Boys)

5.2.1 Age Limits -National Level

Under 15 years (Over 13 years -below 15 years)

Under 17 years (Over 15 years -below 17 years)

Under 19 years (Over 17 years -below 19 years)

5.2.2 Organisers to decide on the number of rounds of play.

5.2.3 All players shall clearly display the number assigned to him from 1-12 on the upper waist.
No player will be allowed to take part in the game without his number been displayed.

5.2.4 HEIGHT OF NET

Under 15 years Boys -7ft 08 ins.

Under 17 years Boys -7ft. 10 ins.

Under 19 years Boys -7ft. 5/8 ins.

5.2.5 Twelve players shall be registered out of whom the team will have to be selected.

5.2.6 Teams securing first, second and third places at the Provincial Level may be presented for National Level Competitions.

5.2.7 These competitions will be held in accordance with the Rules of the International Volleyball Tournament Rules.

5.3 Compulsory Games -Netball (Girls)

5.3.1 Age Limit -National Level

Under 15 years (Over 13 years- below 15 years)

Under 17 years (Over 15 years -below 17 years)

Under 19 years (Over 17 years -below 19 years)

5.3.2 DURATION OF PLAY

Under 15 years -10 minutes -3- 10

Under 17 years -15 minutes -5 -15

Under 19 years- 20 minutes -5 -20

5.3.3 All contestants should clearly display on the front and back of their upper waist garment the place names of the area they represent.

5.3.4 10 players should be registered out of whom the contestants should be selected.

5.3.5 Those securing first, second and third places at provincial level will be eligible to be presented at National Level.

5.3.6 The Tournament will be held under the rules of the International Netball Tournaments.

5.4 Compulsory Games -Football (Boys)

5.4.1 Age Limits -National Level

Under 17 years (Over 13 years -below 17 years)

Under 19 years (Over 17 years -below 19 years)

5.4.2 The maximum number of contestants that could be registered for a team will be 15 out of which 11 players could be selected to compete.

5.4.3 Competitors should wear their numbers to enable easy identification. These numbers should be from number 1 to 15. Players who do not wear such numbers will not be allowed to play.

5.4.4 Duration of play 25 minutes 05 -25

5.4.5 Teams securing first, second and third places at Provincial Level will be eligible to present themselves at National Level competition.

5.4.6 These competitions will be held in accordance with the rules of the International Football Tournaments.

6 Optional Games

6.1 Volleyball (Girls)

6.1.1 Age Limits -National Level

Under 15 years (Over 13 years below 15 years)

Under 17 years (Over 15 years below 17 years)

Under 19 years (Over 17 years below 19 years)

6.1.2 HEIGHT OF NET

Under 15 years 7 ft. 00 ins.

Under 17 years 7 ft. 02 ins.

Under 19 years 7 ft. 04 1/8 ins.

6.1.3 Rules and Regulations applicable to Volleyball (Boys) will be applicable to this tournament (Please see 5.2)

6.1.4 Teams securing first, second and third places at Provincial Level may be presented for National Level Competitions.

6.2 EHe (Boys/Girls)

6.2.1 AGE LIMIT -NATIONAL LEVEL

Below 19 years

- 6.2.2 A team shall comprise of 20 players.
20 players should be registered and the team should be selected from among them. The minimum number of players for a competing team shall be 12.
- 6.2.3 Except for the final Match, a team will be entitled to only one inning.
- 6.2.4 A team will be entitled to 80 deliveries per inning. If all players are declared out before the total number of deliveries are made the innings will be deemed to have closed.
- 6.2.5 Bowling should be done by a player from the attacking side.
- 6.2.6 Teams securing first, second and third places at Provincial Level may be presented for National Level.
- 6.2.7 The tournament will be conducted in accordance with the rules promulgated for schools by the Sri Lanka Elle Federation.

6.3 *Physical Training (Boys/Girls)*

- 6.3.1 Age Limit -National Level
Under 19 years (Over 13 years below 19 years)
- 6.3.2 The number of children in a squad shall be 25 inclusive of the leader. 30 children may be registered out of which the squad can be selected.
- 6.3.3 Time 20 minutes
- 6.3.4 Plan of notes of lesson and the time consumed shall be (approximately) as follows:
 - 6.3.4.1 Introductory Activities (within 2 minutes)
 - 6.3.4.2 Keep Fit Exercises
(Exercises should be selected so as to activate all body muscles).
(within 3 minutes)
 - 6.3.4.3 Skill Training.
(Skills in Athletics or Main or optional games shall be selected).
(within 4 minutes)
 - 6.3.4.4 Group Training.
(shall be relevant to the trained skill)
(within 4 minutes)
 - 6.3.4.5 Game (shall be relevant to the trained skill)
(within 3 minutes)
 - 6.3.4.6 Marking Time and March (in various forms)
(within 3 minutes)

6.3.4.7 Dispersal (within 1 minute)

6.3.5 SCHEME OF AWARDING POINTS

Entering the grounds and

Introductory Exercises	04 points
Keep Fit Exercises	15 points
Skill Training	20 points
Squad Training	20 points
Game	18 points
Marking Time and March	15 points
Dispersal	03 points
Leadership	05 points
Total	100 points

6.3.6 In awarding points special attention will be paid to the following:

- * Plan of lesson -variety class patterns
- * Use of playground and Equipment
- * Arriving at the aims and targets of lesson notes
- * Suitability of the selected activities correctness and participation
- * Dress (except school uniform)
- * Discipline and Growth
- * Leadership

6.3.7 Except for the 25 in the squad, participation of other children as helpers will not be allowed.

6.3.8 Squads securing first, second and third places at the provincial level may be presented for National Level Competitions.

6.4 Table Tennis (Boys/Girls)

6.4.1 Age Limits -National Level
Under 19 years (Over 13 years -below 19 years)

6.4.2 Tournament will consist of five rounds including four singles and one double. Participants in the singles are not eligible to participate in the doubles.

6.4.3 A team of 6 players should be registered out of which the competitors could be selected.

6.4.4 All teams participating at Provincial Level may be presented at National Level.

6.4.5 The tournament will be held in accordance with the International Table Tennis Tournament Rules.

6.5 Badminton (Boys/Girls)

6.5.1 Age Limit -National Level
Under 19 years (Over 13 years -below 19 years)

6.5.2 Preliminary Rounds will consist of two singles and one double.

- 6.5.3 Participants in the singles are not eligible to participate in the doubles.
- 6.5.4 In the case of semi-finals and finals the competition will consist of three singles and two doubles and the participants in the singles would be eligible to participate in the doubles.
- 6.5.5 A team of 6 players should be registered out of which the competitors could be registered.
- 6.5.6 All teams participating at provincial level can be presented at the National Level.
- 6.5.7 The Tournament will be conducted in accordance with the International Badminton Tournament Rules.

6.6 Hockey (Boys/Girls)

- 6.6.1 Age Limit -National Level
Under 19 years (Over 13 years -below 19 years)
- 6.6.2 A team of 15 players should be registered out of which 11 competitors could be selected.
- 6.6.3 DURATION OF COMPETITION
Boys Tournament 25 mins. 05 -25
Girls Tournament 25 mins. 05 -25
- 6.6.4 All teams participating at Provincial level can be presented at the National Level.
- 6.6.5 The Tournament will be conducted in accordance with the International Hockey Tournament Rules.

6.7 Basket Ball (Boys/Girls)

- 6.7.1 Age Limits -National Level .
Under 19 years (Over 13 years - below 19 years)
- 6.7.2 15 players could be registered for a team.
- 6.7.3 DURATION OF COMPETITION
Boys Competition 20 mins. 10- 20
Girls Competition 20 mins. 10 -20
- 6.7.4 All teams participating at Provincial Level can be presented at the National Level.
- 6.7.5 The Tournament will be conducted in accordance with the Rules of the International Amateur Basket Ball Association.

6.8 Swimming (Boys/Girls)

- 6.8.1 Age Limits - National Level
Under 17 years (Over 13 years - below 17 years)
Under 19 years (Over 17 years - below 19 years)
- 6.8.2 Competitions to be held
Under 17 years (Boys/Girls)

50 metres	Breast stroke
50 metres	Back stroke
50 metres	Dolphin Stroke
200 metres	Individual Medley
100 metres	Free style
50 metres x 4	Free style Relay
50 metres x 4	Medley Relay

Under 19 Years (Boys/Girls)

50 metres	Breast stroke
50 metres	Dolphin stroke
50 metres	Back stroke
200 metres	Individual Medley
100 metres	Free style
50 metres x 4	Free style Relay
50 metres x 4	Medley Relay

- 6.8.3 A competitor will be eligible to compete only in four individual events other than Relay events.
- 6.8.4 A school can present only two competitors for an event and for a Relay event only one team.
- 6.8.5 All teams participating at Provincial Level can be presented at National Level.
- 6.8.6 These competitions will be conducted in accordance with International Swimming Tournament Rules.

6.9 *Gymnastics (Boys/Girls)*

- 6.9.1 Age Limits -National Level
Under 17 years (Over 13 years -below 17 years)
Under 19 years (Over 17 years -below 19 years)

6.9.2 Competitions to be held Under 17 years and Under 19 years	
Boys	Girls
Ground Exercises	Ground Exercises
Vaulting Horse (long)	Uneven Bars
Pommel Horse	Vaulting Horse (side)
Still Rings	Balance Beam
Horizontal Bar	
Parallel Bar	

- 6.9.3 A competitor is entitled to participate in any number of events.
- 6.9.4 For an event, a school will be eligible to present only two competitors:
- 6.9.5 These competitions will be held in accordance with International Gymnastic Competition Rules and Regulations promulgated by the Ministry of Education.
- 6.9.6 All teams participating at Provincial Level may be presented at National Level.

6.10 Soft Ball Cricket (Boys)

- 6.10.1 Age Limits -National Level ..
Under 19 years (Over 13 years -below 19 years)
- 6.10.2 These matches will be conducted as a limited over match and each team will be entitled to 20 overs.
- 6.10.3 Teams securing first, second and third places at provincial level may be presented at National level.
- 6.10.4 Matches will be conducted in accordance with the International Cricket Tournament Rules and Regulations.

6.11 Cycling Competitions (Boys/Girls)

- 6.11.1 Age Limits -National Level
Under 19 years (Over 13 years -below 19 years)
- 6.11.2 Distance
Boys -40 Miles
Girls -25 Miles
- 6.11.3 The (free) Rear wheel of the Bicycle should have 18 cogs and the Cog wheel at the front should have 44 cogs.
- 6.11.4 A province is eligible to present 25 contestants for National Level contests.

6.12 Body Building Championships (Boys)

- 6.12.1 Age Limits - National Level
Under 20 years (Over 13 years - below 20 years)
- 6.12.2 A province is eligible to present any number of contestants at National Level.
- 6.12.3 Competitions will be held in accordance with the International Body Building Competition Rules and Regulations.

6.13 Boxing (Boys)

- 6.13.1 School Boxing Championship Tournament at National Level will be conducted in collaboration with the Sri Lanka School Boxing Association
- 6.13.2 The Rules and Regulations Promulgated for Stubbs Shield Tournament by the Sri Lanka Schools Boxing Association will be applicable to this tournament
- 6.13.3 Amateurs are not entitled to be presented for this tournament. The competitors should have at least taken part in one of the Meets held, by the Sri Lanka Schools Boxing Association or the Sri Lanka Amateur Boxing Association.
- 6.13.4 The Tournament will consist of 17 bouts. The nine classes of weights from 55 lbs. (25kgs.) to 95 lbs.(43.2 kgs.) had been designated as the Junior Class and the eight classes of weights from 100 lbs. (45.5 kgs.) to 135 lbs. (61.4 kgs.) had been designated as the Senior Class

6.13.5 A school will be eligible to enter competitors for 12 out of the 17 classes of weights. On the preliminary date of the meet immediately after weighing, competitors from the school for the eight classes of weight should be named. A special application for the purpose will be issued at the time. The maximum number of competitors that could be presented from a school will be eight and one competitor for each class of weight.

6.13.6 Applications should be accompanied by a Medical Certificate issued by a Western Medical Practitioner to the effect that the competitors are in good health. The names of the competitors in the Application should appear in the Medical Certificate.

6.13.7 Classes of Weights and the Age Limits are as follows:-

Pin Weight A -under 13 years -under 25 kg. (55 lbs.)

Pin Weight B -under 13 years -under 27.3 kg. (60 lbs.)

Light Fly Weight -under 14 years- under 29.5 kg. (65 lbs.)

Fly Weight -under 14 years -under 31.8 kg. (70 lbs.)

Bantam Weight -under 15 years -under 34.1 kg. (75 lbs.)

Feather Weight -under 15 years -under 36.4 kg. (80 lbs.)

Light Weight -under 16 years -under 38.6 kg. (85 lbs.)

Light welter Weight - under 16 years -under 40.9 kg. (90 lbs.)

Welter Weight -under 17 years -under 43.2 kg. (95 lbs.)

Light Middle Weight -under 17 years -under 45.5 kg (100 lbs.)

Middle weight -under 18 years -under 47.7 kg. (105 lbs.)

Light Heavy Weight A -under 18 years -under 50.0 kg (110 lbs.)

Light Heavy Weight B -under 19 years -under 52.3 kg.(115 lbs.)

Heavy Weight A- under 19 years -under 54.5 kg. (120 lbs.)

Heavy Weight B- under 20 years -under 56.8 kg. (125 lbs.)

Super Heavy Weights A -under 20 years -under 54.5 kg.(130 lbs.)

Super Heavy Weight B -under 20 years -under 61.4 kg. (135 lbs.)

6.14 Tennis (Boys/Girls)

6.14.1 Age Limit -National Level

Under 19 years (Over 13 years -below 19 years)

6.14.2 The Tournament will be consist of two singles and one double match. (3 equal point bars with three rounds of higher points) Tie Break.

6.14.3 Contestants in the singles will not be eligible to enter the doubles.

6.14.4 A team of 06 could be registered out of which the contestants will have to be selected.

6.14.5 All teams presented at the Provincial Level are entitled to be presented at National level.

6.14.6 Tournament will be conducted under the International Tennis Tournament Rules.

6.15 Chess (Boys/Girls)

6.15.1 Age Limits -National Level

Under 15 years

Under 19 years (Over 15 years - below 19 years)

- 6.15.2 A team should consist of 7 players out of which 6 players will be contesting and the other will be treated as a reserve.
- 6.15.3 The names of the players of a team should be in the Board Order i.e. in the order of how they will compete.
- 6.15.4 No change of players of team will be allowed on any account.
- 6.15.5 The Tournament will be held in accordance with the Rules and Regulations of the International Chess Tournament.

6.16 Wrestling (Boys)

- 6.16.1 The school Wrestling Tournament at National Level will be held in concurrence with the Sri Lanka School Wrestling Association.
- 6.16.2 This Tournament will be held in Accordance with the Rules and Regulations promulgated by the Sri Lanka Schools Wrestling Association for the Major S. M. Basil Rodrigo Commemoration Cup Tournament of the Sri Lanka Schools Wrestling Tournament.
- 6.16.3 Only schools who presented contestants for the Amateur Wrestling Meet conducted by the Sri Lanka Schools Wrestling Association will be allowed to present contestants at this Tournament.
- 6.16.4 Amateurs will not be entitled to be presented at this Tournament. All contestants should have taken part in a Meet held at All Island Level by the Sri Lanka School Wrestling Association or the Sri Lanka Wrestling Federation.
- 6.16.5 The Tournament will consist of 17 weight classes. The names of 15 contestants could be entered in the application for 15 weight classes. Only a maximum of 10 contestants at one contestant per one weight class will be allowed for a school.
- 6.16.6 The teacher in charge of the team should in accordance with (5) above name the team in the application provided by the Organising Committee after weighing and medical examination and hand over the same to the Organising Committee.
- 6.16.7 When presenting for weighing and Medical examination a Certificate from a Western Medical Practitioner certifying the physical suitability of the players (obtained 07 days immediately prior to weighing) should be presented along with the application and the names of the players should be included in such Medical Certificate.

6.16.8 Classes of Weights and Age Limits.

1. Pin Weight A Between 23-25 kg. Under 13 years.
2. Pin Weight B Between 25-27 kg. Under 13 years.
3. Light Fly Weight Between 27-29 kg. Under 14 years.
4. Fly Weight Between 29-31 kg. Under 14 years.
5. Bantam Weight Between 31-33 kg. Under 15 years.
6. Feather Weight Between 33-35 kg. Under 15 years.
7. Light Weight Between 35-37 kg. Under 16 years.
8. Light Welter Weight Between 37-39 kg. Under 16 years.
9. Welter Weight Between 39-41 kg. Under 17 years.
10. Light Welter Weight Between 41-43 kg. Under 17 years.

11. Middle Weight Between 43-46 kg. Under 18 years.
12. Light Heavy Weight A Between 46-49 kg. Under 18 years.
13. Light Heavy Weight B Between 49-52 kg. Under 19 years.
14. Heavy Weight A Between 52- 55 kg. Under 19 years.
15. Heavy Weight B Between 55- 59 kg. Under 20 year
16. Supper Heavy Weight A Between 59- 63 kg. Under 20 years.
17. Supper Heavy Weight B Between 63 -67 kg. Under 20 years.

7 Combined Team Tournaments.

- 7.1 Combined Team Tournaments will be conducted in the following:
Volleyball -Boys
Volleyball -Girls
Netball -Girls
- 7.2 Age limits -National Level
Under 19 years (Over 13 years -below 19 years)
- 7.3 In selecting of players for combined teams, the names of contestants of winning teams, runner-up team and the 3rd place team should not be included and only the names of the best contestants of the loosing teams should be included.
- 7.4 The maximum No. of players who would be allowed to represent a school in a team will be two at the time of play.
7. Two combined teams for a Game from a Province will be eligible to be presented for National Level contests.

7.6 Rules and Regulations.

(Please see parts 5.2, 5.3, and 6.1)