

MALLAKHAMB FEDERATION OF INDIA

(Recognized by Govt. of India Wide Letter No. F-9-4/88/SP-II/Date-09/02/1996)

CODE OF POINTS FOR MALLAKHAMB COMPETITIONS

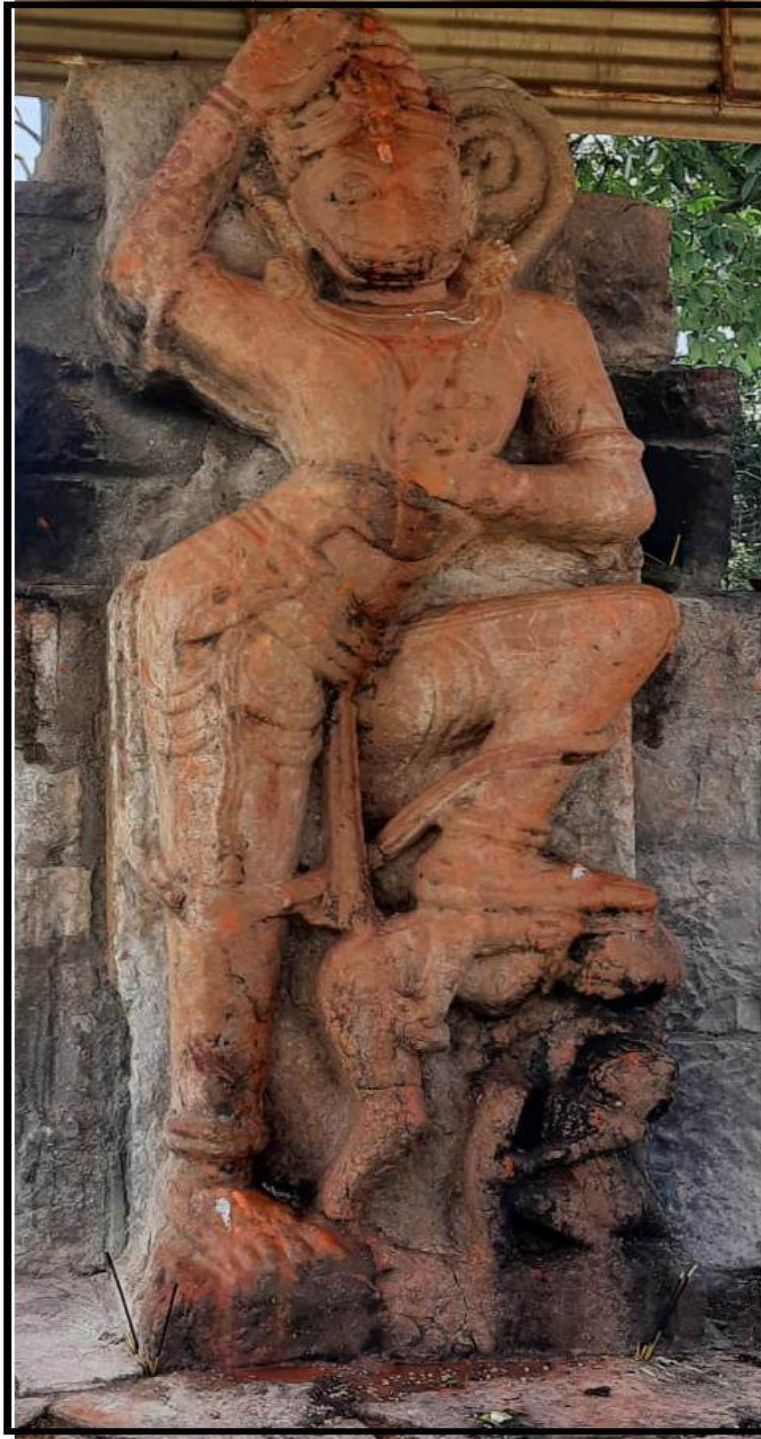


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- For Boys and Girls
 - For Men and Women
 - Official National Championships of MFI
 - Khelo India Youth Games
 - Khelo India University Games
 - National Games
 - Invitational Mallakhamb Championships
 - National School Games: Mallakhamb
 - District and State Mallakhamb Championships
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Mallakhamb Federation of India

EDITION - November, 2022



LORD HANUMAN



**THE FOUNDER OF MALLAKHAMB
LATE BALAMBHATT DADA
DEODHAR (1780-1852)**

MALLAKHAMB FEDERATION OF INDIA

Executive Committee

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11.	Shri. Praveen Kumar Mishra	Bihar	Joint Secretary
12.	Shri. Sangita Rahul Chokshi	Gujrat	Joint Secretary

Technical Committee

S.No.	Name	State	cadre
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2	Shri Yogesh Malviya	Madhya Pradesh	Vice Chairman
3	Shri Rajendra Pathania	Punjab	Secretary
4	Shri Yatin Kelkar	Maharashtra	Member
5	Shri Rajendra Sharma	Chandigarh	Member
6.	G.P.C.Shekhar Raju	Andhra Pradesh	Member

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MALLAKHAMB FEDERATION OF INDIA

PREFACE

The first 'Code of Points' of the Mallakhamb Federation of India was published in the year 1980. The same Code of Points' was continued up to the year 2016. This code of points was developed in a good sense of evaluation of marks. However, considering the development of the game over the 25 years. The technical committee felt it necessary to revise the Code of Point, which was prepared and published in the year 2006 and implemented from the year, 2007. The technical committee is sure and confident that it will make judging in Mallakhamb very simple and convenient for all the competitors, coaches, and Judges.

Since the year 2007, a lot of new developments took place in the field of Mallakhamb. Technical Committee felt it necessary to make a few revisions to enable Judges to evaluate the performances in an easier and more transparent way. Again, the Technical Committee felt it necessary to revise the Code of Points, which was prepared and published in the year 2017. After approval in EC & AGM, it was implemented with immediate effect in the National mallakhamb championships.

The Technical Committee is sure and confident that this 'Code' 2017 edition will make Mallakhamb more attractive, Players Oriented, simple, and convenient to Judges and Coaches also. In this edition, Technical Committee has increased the number of team members from 04 to 06 in each age group.

Since the year 2017, a lot of new developments and new skills had took place in the field of Mallakhamb. The pole mallakhamb was introduced for girls in the year 2021 during the national championships at Ujjain (M.P.). The Technical Committee decided to make a few revisions in the Code of Points to evaluate the performances in an easier and more transparent way. The new edition of the code of points was prepared after the 36th National Games at Ahmedabad (Gujrat) and implemented from December 2022 for the official national championships of MFI and upcoming events after the approval of members of the Executive committee through Google meet online dated 4th November 2022.

Chairman
Technical Committee

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SECTION 1

1.1 PURPOSE AND GOAL

- 1.1.1 To guarantee an objective and uniform evaluation of exercises in competitive Mallakhamb.
- 1.1.2 To provide a basis by which evaluation of Mallakhamb competitions at National Championships or Selection Trials and other recognized Invitational competitions can be standardized since it is recommended that this Code of Points be utilized at all national, state, District Level Championships, and Selection Trials.
- 1.1.3 To act as a guideline for competitors and coaches in preparing for the competition.
- 1.1.4 To act as a Technical guideline for organizing Mallakhamb Competitions.

.. 1.2 BRIEF HISTORY AND DEVELOPMENT

The earliest mention of Mallakhamb can be traced back to the 12th Century where it is mentioned in the Classic “MANASOLHAS” (1135 A.D.). For about seven centuries after that, the art form remained dormant until it was given a new lease of life by BALAMBHATTADADA DEODHAR, the renowned teacher of PESHWA BAJIRAO –II during the first half of the 19th century.

However, competitive Mallakhamb at the National Level first made its appearance at the Pahadganj Stadium, Delhi, in the year 1958. It was here that the Gymnastic Federation of India proposed to recognize the game and include it in subsequent National Gymnastic Championships. The first National Mallakhamb Championship was held at Gwalior, Madhya Pradesh in the year 1962, as part of the National Gymnastics Championships. GFI continuously organized the National Mallakhamb Championships the G.F.I. until 1976. when they were disassociated from the G.F.I in the 1976, . National Mallakhamb Championships were not organized from 1977 to 1980.

Mr. Rajesh & Rakesh Shrivastava, Dr. Bamshankar Joshi and some other Mallakhamb enthusiasts at Ujjain, Madhya Pradesh, founded an All India level Association, on 21.11.1980, which was later called as the “Mallakhamb Federation of India.” The first All India Invitational National Championships were organized by the New Sports Association from 2^{7th} to 2^{9th} January 1981 at Ujjain, Madhya Pradesh. The event brought in representatives from all over India, who participated in three Championships and together they officially formed the “Mallakhamb Federation of India” on 2^{9th} January 1981. Since then, the National Mallakhamb Championships are being organized by different State Associations affiliated to the Federation. MFI was registered under society Registration act on 7th June 1984 at Ujjain (M.P.) The name of Mallakhamb Federation (Regd.) India was also modified and approved in the Name entitled “Mallakhamb Federation of India” on dated 12 June, 2021 under M. P. society registration Act 1973 (Modified 1998)

The game of Mallakhamb was introduced in All India Interuniversity Championships as official competition of AIU in the year 1968-69 with All India Interuniversity Gymnastics Championships. Since from this session, AIU continuously organized the All India Interuniversity Mallakhamb Championships with All India Interuniversity Gymnastic Championships up to 2021. First time in the year of 2022, All India Interuniversity Championships were organized separately under the auspices of AIU in SKD University, Hanumangarh (Rajasthan). First time, the game of Mallakhamb was introduced in 4th Khelo India Youth Games -2022 Panchkula (Haryana); 36th national Games-2022 Ahmedabad (Gujrat); and Khelo India University Games-2021 held in Bangalore (Karnataka) in the year 2022.

The revised COP of 1980 in the year of 2006 was published and implemented up to 2007. The revised COP in 2017 was implemented up to October, 2021. Pole Mallakhamb was introduced for girls in the 2021 during National Mallakhamb Championships for all age groups. COP of 2017 was also revised again in the month of November 2021 and implemented in 36th National Games-2022.

1.3 TYPES OF MALLAKHAMB

Mallakhamb competitions cover three varieties of Mallakhamb Apparatus i.e. 1. Pole Mallakhamb, 2. Hanging Mallakhamb, 3, Rope Mallakhamb.

1.3.1 Pole Mallakhamb

Mallakhamb competitions cover three varieties of Mallakhamb Apparatus i.e. 1. Pole Mallakhamb, 2. Hanging Mallakhamb, 3, Rope Mallakhamb.

1.3.1 Pole Mallakhamb

In this type a vertical wooden pole of Teak wood or Seesaw is fixed in the ground. The pole is smeared with castor oil, which helps to minimize excessive friction as the body comes in contact with the pole. The specification of the pole is given in **Appendix 1 (A)**.

1.3.2 Hanging Mallakhamb

This type of Mallakhamb is similar to Pole Mallakhamb, but as the name indicates, a wooden pole shorter in length than the standard Pole Mallakhamb, but hung with the aid of hooks and a chain, leaving a gap between the ground and the bottom of the Mallakhamb. The specifications of the Hanging Mallakhamb are given in **Appendix 1 (B)**.

1.3.3 Rope Mallakhamb

Rope Mallakhamb was previously performed on a Cane but nowadays, due to unavailability of a good cane, a cotton rope is used. Performers are expected to perform various exercises without knotting the rope in anyway. The specifications of the rope are as per **Appendix 1 (C)**.

1.4. TECHNICAL COMMITTEE

The Technical Committee is appointed for the smooth technical organization of competitions for men and women in various age groups. The President, Secretary and Treasurer of MFI are the Ex-Officio Members of this committee. The duties of the Technical Committee are as under :

- 1.4.1 To formulate and modify the rules of the competitions for the development of the game.
- 1.4.2 To conduct competitions as per the Code of Points of MFI.
- 1.4.3 To conduct training and assessment of Judges.
- 1.4.4 To conduct seminars for Judges, Coaches and Competitors.
- 1.4.5 To print and publish audio-visual literature on Mallakhamb
- 1.4.6 The Technical Committee can replace the Chief Judge or Judges or change the panel, on grounds of inefficiency and / or for partiality , after giving them the opportunity to express their views.
- 1.4.7 To appoint a Competition Director and a panel of judges.
- 1.4.8 To form a sub-committee, if required, to execute the above.
- 1.4.9 Formation of the Technical Committee must be as under:

(i)	Chairman, Technical Committee	01
(ii)	Vice Chairman Technical Committee	01
(iii)	Secretary,/Convener	01
(iv)	Members, Technical Committee	02

1.5. JURY OF APPEAL

- 1.5.1 The Executive Committee will appoint the Jury of Appeal.
- 1.5.2 The Jury of Appeal will resolve the technical problems faced by the Judges, Coaches, Organizer and Players
- 1.5.3 In case of protest received, the Director of Competition appointed by the MFI/Technical committee will convey a meeting of the Jury of Appeal of competition, which will investigate the actual fact of affected individuals, and make the necessary enquires and consult with Chief Judge, if required and will decide about the protest received. The Director of Competition. Will convey the same to the concern complainant in writing.
- 1.5.4 All types of protest will have to be submitted by the concerned coach of the team in writing to the Director of Competition within 30 minutes with a protest fee of Rs 1000/- as the event ends.
- 1.5.5 Formation of Jury of Appeal of MFI
 - (i) **Chairman, Technical. Committee.** If the Chairman of the Technical Committee is absent, then the next senior member as a Vice Chairman of the Technical. Committee. If Vice Chairman is absent, then Secretary/Convener will work in their place of him
 - (ii) **Director of Competition**
 - (iii) **One representative of MFI,**
 - (iv) **Chairman, Judges Committee,** if Chairman of Judges committee is absent, then Vice chairman of Technical. A committee will be work in their place of him.
 - (v) **Organizing Secretary** of the organizing committee of the competition,

1.6 ORGANIZING COMMITTEE

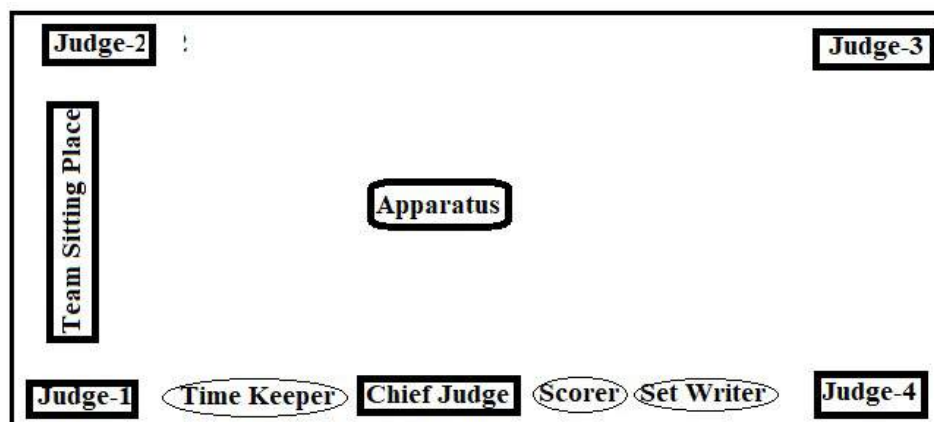
- 1.6.1 For planned and smooth conduction of competitions (M/W), the organizing Committee and different sub-committees shall be formed.
- 1.6.2 One representative will be appointed by the Mallakhamb Federation of India for the proper coordination during competition
- 1.6.3 The Organizing Committee has the responsibility of preparing the ground and apparatus for the Competition, making lodging and boarding arrangements for the Competitors, Judges, and Officials, planning the Opening and Closing Ceremonies, printing Participation Certificates for all the Teams, Judges and Officials and making all other necessary arrangements, for successfully conducting the Competitions.
- 1.6.4 The Director, of Competition appointed by the Mallakhamb Federation of India will be an ex- officio member of the Organizing Committee.

1.7. COMPOSITION AND SITTING ARRANGEMENT OF JUDGES

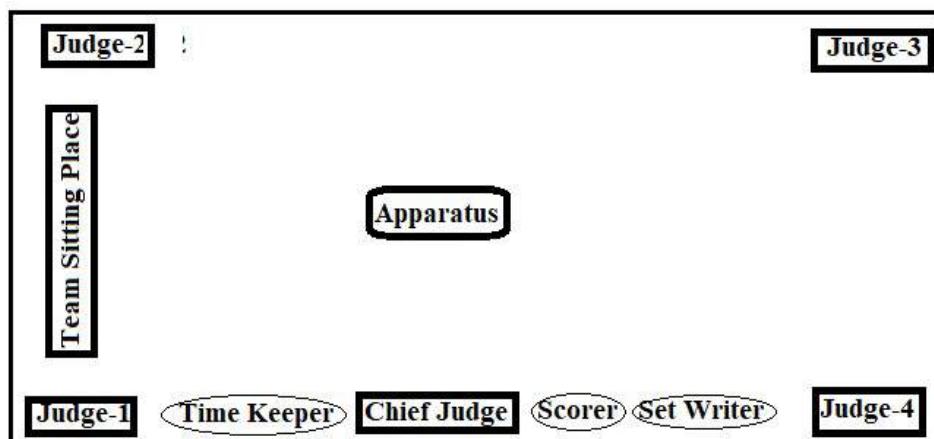
- 1.7.1 **For Invitational Championships-** the formation of a panel of Judges on each apparatus consisted of

(I)	Chief Judge	-	01,
(ii)	Judges	-	04,
(iii)	Time Keeper	-	01,
(iv)	Scorer	-	01.
(v)	Set Writer	-	01 (If Possible)

- 1.7.2 Judges' panel will consist of one Judge from one state only.
- 1.7.3 One Set Writer will be appointed to write down the sets If possible, will sit on the right side of the Scorer.
- 1.7.4 On each apparatus the placement of Judges will be in such a manner that they have an unobstructed view of their apparatus. The Scorer will sit on the right and Timekeeper will sit on the left side of the Chief Judge.
- 1.7.5 It is compulsory that the Chief Judge and Scorer must be from a neutral State / Unit.
- 1.7.6 The ideal seating arrangements must be as per the diagram mentioned below:



- 1.7.7 **For Pyramid Competitions-** the formation of panel of Judges consisted of the followings-
- | | | | |
|-------|-------------|---|----|
| (i) | Chief Judge | - | 01 |
| (ii) | Judges | - | 05 |
| (iii) | Scorer | - | 01 |
| (iv) | Time Keeper | - | 01 |
- 1.7.8 Two Judges can be appointed from one state unit only.
- 1.7.9 The ideal seating arrangements of the judges must be as per the diagram mentioned below:



1.8 RULES FOR THE COMPETITION

1.8.1. Registration of Competitors

- 1.8.1.1 Each Mallakhamb Player will have to register himself for the competitions through State Units. The registration form, related instructions and its fees detail shall be provided by the Federation and submitted through affiliated units. Players can not participate in the competition without registration. Once the registration is approved by the Federation, the list of the players will be provided to the technical committee.
- 1.8.1.2 The Two Passport size photographs and Eligibility Certificate from the School with the Seal of the School on the Photograph. The eligibility Certificate should be in the English language only.
- 1.8.1.3 For the players registered earlier, State Units has to mention registration number while submitting the entry.
- 1.8.1.4 Registration Fees is to be paid annually, for players registered earlier, and new players.

1.8.2 Apparatus Championships

It will consist of the following events/apparatus:

- (i) For Boys and Men - Pole Mallakhamb
Hanging Mallakhamb and
Rope Mallakhamb
- (ii) For Girls and Women – Pole Mallakhamb and
Rope Mallakhamb

Note: The spacing between different apparatus should be at least 10 meters. Except for the competitors and officials appointed for the management of the competition, nobody else should enter the Competition area.

1.8.3 Age Groups

- 1.8.3.1 **For National Championships** Competition for Men and Women will be held in the following age groups

Category and Age Groups				
Sex	Sub-Junior I	Sub-Junior II	Junior	Senior
Men	Under 12 Yr	Under 14 Yr	Under 18 Yr	Above 18 Yr
Women	Under 12 Yr	Under 14 Yr	Under 16 Yr	Above 16 Yr

- 1.8.3.2 Cut - off date for all the age groups will be 31st December every year. e.g. for the competition conducted in the 2021-2022, 31 December, 2021 will be considered as the cut-off date for that year, irrespective of the month in which the competition is held.
- 1.8.3.3 A player can choose to participate in his own age group or above age group. However, players may participate in one age group only. If the player prefers to participate in an above age group, he will not be able to participate in lower-age group subsequently throughout his/her life.

- 1.8.3.4 For example- Competition for the year 2021-2022,
If a player is born on or before 31st December 2008, he/she will be eligible to participate in the Under 14 year age group.
If a player is born on or before 1st January 2009 or later, he/she will be eligible to participate in the under 12 years age group.
- 1.8.3.5 **For National Games**
There is no age limit for the National Games organized by MFI under the auspices of the India Olympic Association.
- 1.8.3.6 **For Khelo India Youth Games**
Under 18 years for boys and girls is compulsory for Khelo India Youth Games organized by MFI under the auspices of Sports Authority of India, New Delhi

1.9 TEAM STRENGTH

Each team will consist of maximum of 6 players, but not less than 5 in each age group. The Composition of the contingent is as follows.

1.9.1 for National Championships

S.No.	Sex	Under 12 Yr	Under 14 Yr	Under 18 Yr	Above 18 Yr	Total
1	Men	06	06	06	06	24
2	Women	06	06	06	06	24
3	Coaches (Men)	-	-	-	-	01
4	Coaches (Women)	-	-	-	-	01
5	Manager (Men)	-	-	-	-	01
6	Manager (Women)	-	-	-	-	01
7	General Manager	-	-	-	-	01
					Grand Total	53

1.9.2 For Khelo India Youth Games

Men	Women	Coaches (Men)	Coaches (Women)	Manager (Men)	Manager (Women)	General Manager	Total
06	06	01	01	01	01	01	17

1.9.3 For National Games

Men	Women	Coaches (Men)	Coaches (Women)	Manager (Men)	Manager (Women)	General Manager	Total
06	06	01	01	01	01	01	17

If the State participates only in one section i.e. either Men or Women, the post of General Manager is not valid. If the number of players is 16 or less the team will be accompanied by only one coach and one manager with each male and female team.

Managers / Coaches shall sit in the place provided for them and they should not instruct/obstruct the competitors and/or the officials, during the performance of their team. If they do so, a Judge or the Chief Judge will ask them to leave their place and go into the spectator's gallery.

1.10. AGE GROUPS, APPARATUS AND COMPETITIONS FOR NATIONAL CHAMPIONSHIPS

Age Group	Pole Optional	Hanging Optional	Rope Optional	Competition No.		
				I	II	III
U/12 Years & U/14 Years Age Group Boys and Girls	Yes	No	Yes	Yes	Yes	Yes
U/16 Years & A/16 Years Age Group Girls	Yes	No	Yes	Yes	Yes	Yes
U/18 Years & A/18 Years Age Group Boys	Yes	Yes	Yes	Yes	Yes	Yes

1.11 TYPE OF COMPETITIONS

In every Championship, four Competitions will be conducted as mentioned below---

(A) Competition No. I (Team Championship and Qualifying Round for competition II & III)

- (i) Team Championship will be decided from the Competition No. I. All the players from participating teams will have to participate in this competition and will perform an optional set. The player who will secure an aggregate average of 60% or more marks in this competition, will be qualified to participate in the next competition, it will be at the discretion of the Technical Committee and can bring down the 60% limit if required.
- (ii) To decide the Team Championship, the participation of 03 complete teams having not less than 05 players in each team is compulsory. Out of six scores, the best 05 scores of the players on each apparatus will be considered for the team championship, Marks of less than 5 players from a state unit will not be considered for calculating Team Championship. This competition will also consider a Qualifying round apart from the Team Championship. The table of apparatus and maximum points of the best 05 players are as under:-

Sex	Age Group	Scores			
		Pole Event	Hanging Event	Rope Event	Total Score for TC
Boys/Men	U/12 Years	50	x	50	100
	U/14 Years	50	x	50	100
	U/18 Years	50	50	50	150
	A/18 Years	50	50	50	150
Girls/Women	U/12 Years	50	x	50	100
	U/14 Years	50	x	50	100

	U/16 Years	50	x	50	100
	A/16 Years	50	x	50	100

(B) Competition No. II : (All Round Individual Event Final)

- (i) This Competition decides the All Round Individual Championship collectively on all the apparatus in a particular age group.
- (ii) From the total scores of all the two (women) or three apparatus (Men), the best 18 players with a qualifying minimum standard of 60% marks in aggregate from the competition- I, will qualify for competition II, subject to the maximum of 02 players from the qualified affiliated state unit.
- (iii) If the scores of more than two competitors are from the same state team between Sr. No.1 to 18, then the base scores of Competition No. I on all the apparatus will be considered. If Base Scores are not possible, then the decision will be made by picking up a Chit.

(C) Competition No. III (Apparatus Championship)

This competition is to decide the Champion of each apparatus. The eight best players from Competition No. I on each apparatus, with a qualifying standard of 60% score from competition-I on the respective apparatus for this competition, subject to not more than two players from one state unit, will be considered on the respective apparatus.

Note: If due to unavoidable circumstances competitions II & III can't be conducted, the Jury of Appeal may declare the results of the Individual & Apparatus championship from competition No. I .

(D) Pyramid Competition :

This competition is conducted to enhance team morale. A minimum of 6 & maximum of 12 players can participate in this competition. The competition is held on Pole Mallakhmab and Rope Mallakhmab for Men & Women respectively. A panel of 5 Judges and 1 chief judge from different State Units will evaluate the Performance. From the five Scores, The highest and the lowest scores are deleted and an average of the remaining three scores will be considered as the final score. The participants should be only from the State Team, additional players are not allowed.

The following terms and conditions will apply for pyramid competitions, as mentioned below---

1. Group performance on apparatus only will be evaluated by the 05 Judge and 01 Chief Judge.
2. Pyramid competition will be conducted on Pole, Hanging, and Rope Mallakhmab for Men and Pole Mallakhmab and Rope Mallakhmab for women,
3. Total duration for Pyramid on each Apparatus will be 90 Seconds only.
4. Pyramid competition will be conducted for Qualify teams with 60% score in Competition-I .
5. If any Tie between teams in the pyramid competition, then the base score will be calculated by adding chief judge score with average score of three evaluation judges for final score.

6. Appointed judges on apparatus for evaluation of the performance of performer are not allowed to note the score of any team, if any judge does so. will be removed from the judge panel by the director of Competition and Judge will be replaced by Chairman , Technical Committee with immediate effect

1.12 TIE BREAK

In case of the Tie between 2 or more players at any Position, then following rules will be applied.

1.12.1 If the score is equal between among players then, the base Score will be calculated to break the tie. Between/ among contests (Refer Rule 2.1.3).

1.12.2 If base scores are same, . then the average score of 04 judges will be considered to break the tie. Between/ among contests.

1.12.3. If average score of 04 judges is same, then add the average score of 04 judges + Chief Judge Score /2 will be considered to break the tie. Between/ among contests.

1.12.4 If the scores are same, then the lucky draw will be considered to break the tie. Between/ among contests.

The rules from 1.12.1 to 1.12.4 will be applicable only if the players are competing for all round individual or apparatus championships.

1.13 OFFICIALS AND THEIR DUTIES

1.13.1 Director of Competition

- (i) He will be appointed by technical committee with the consultation of Executive officer of MFI at least one month before the scheduled competition.
- (ii) He will check all the specification, condition/status of apparatus, published score sheets, score slips, available stop Watch and other stationary materials related to competition before and during competition along with members of the technical committee.
- (iii) He may interrupt in prolonged discussions of the panel of Judges and the final verdict to prevent delay in competition & may refer the unsatisfactory evaluation performance of the judges to the technical committee.
- (iv) He will check the functioning of panel of Judges that the judges are strictly following or avoiding the rules published in code of points.
- (v) He will check that competition is going on as per scheduled time table or not.
- (vi) He will receive protest and call the meeting of Jury of Appeal and to convey the verdict of the jury to the concerned persons.
- (vi) He will check that if any near relative of the Judge is participating in the competition as a player, then that judge can not act as judge in the said championships.
- (vii) He will convey the meeting of judges at least 45 minutes before the competition commences.
- (viii) He will prepare the panel of judges with the consultation of Chairman of Technical committee.
- (ix) He will prepare the time-Table of whole competition before in time in written form.

1.13.2 Chief Judge

- (I) Taking into consideration experience, knowledge, and merit, the Competition Director and chairman, of technical committee combined shall appoint Chief Judge on each panel.
- (II) For smoother conduct of the competition, the Chief Judge must fully co-operate with the Competition Director and should follow the directions given by the Competition Director.
- (III) The Chief Judge must check all the specifications and conditions of apparatus and accessories, score slips, score sheets, stopwatches and other stationery related to the competition, before commencing his panel if there is any problem, he must report it to the Competition Director.
- (IV) The Chief Judge is fully responsible for the smooth and efficient conduct of his panel.
- (V) The Chief Judge should guide the Judges, Scorer, Time Keeper and Set Writer whenever necessary.
- (VI) When a Competitor gets ready for the performance, the Chief judge after alerting the panel, should signal the Competitor to 'START' the performance.
- (VII) After completion of the performance, before receiving the score slips from other Judges, the Chief Judge must prepare his own Score Slip. It is noticed that, the Chief Judge is not preparing this score slip before receiving the slips from the other Judges, it should be reported to the Competition Director.
- (VIII) The scorer will hand over all the score slips of the Judges including chief judge slip after writing the scores on score sheet in the column of before discussion. The Chief Judge should check the scores given by all the judges, by applying appropriate rules & arrive at the final score. The Chief Judge should pass the slips to the scorer, along with the time taken by the player, and other deductions if any, will be taken into consideration the final marks to enter, in the prescribed score sheet.
- (IX) If the difference of the average of the two middle score & Chief Judge score exceeds the tolerance limit, the Chief Judge will call the all Judges for rectification.
- (X) If, panel of judges could not reach to any conclusion within 02 minutes, then Chief Judge will intimate Competition Director and will go for base score (Refer 2.1.3).
- (XI) The Chief Judge should declare the Final Score of the Player before the commencement of the next set.
- (XII) The Chief Judge has the right to issue a warning to any Player, Coach, Manager, or Judge for gross misconduct or violation of the Code.
- (XIII) After completion of the competition the Chief Judge should check the Score Sheet and sign it before handing it over to the Competition Director.
- (XIV) The Chief Judge should not leave his seat, without prior permission of the Competition Director.
- (XV) The Chief Judge should wear a uniform prescribed by M.F.I.

1.13.3 Judges

- (i) All the Judges should evaluate the scores independently, fill the Slips and hand it over to the Chief Judge, within 20 Seconds.

- (ii) A Judge should not leave his seat without the permission of the Chief Judge. If any Judge leaves his seat, without taking such permission, the Chief Judge has the right to take action against that Judge, with the consent of the Competition Director.
- (iii) The Judge should remain present in the arena till the competition is over, even if, he may not be actually evaluating the performances.
- (iv) The Judge should not have any communication with the Time Keeper, Scorer, Coach, Manager, player etc. while in the arena.
- (v) In case of doubt about the declared Final Score, the Judge may express his objection to the Chief Judge, before the commencement of the next set.
- (vi) Before signing the Score Sheet, every Judge should check the Score Sheet, with respect to points given by him and the points written in the Score Sheet, Average Score, etc. If any discrepancy is noticed, the same should be brought to the notice of the Chief Judge.
- (vii) If any Judge feels that his rights are violated, he may approach the Competition Director. In no case, he is allowed to register the written protest.
- (viii) The Judge should wear a uniform prescribed by M.F.I.

1.13.4 Scorer

- (i) The Scorer should sit on the right side of the Chief Judge.
 - (a) The Scorer will collect the slips of all judges from slip bearer, will enter the scores in before discussion column and hand over all to chief judge.
 - (b) If the chief judge is not prepare his slip, he will report to Competition Director
- (ii) The Scorer will collect the required stationery, pens, stopwatches, bell, etc, before the commencement of the competition.
- (iii) The Scorer should observe the sequence of the Teams / Competitors.
- (iv) The Scorer should help the Chief Judge by filling up of Scores given by the Judges & the Chief Judge, with accuracy & clarity, calculate the average score, properly apply the deductions made by the Chief Judge and arrive at the Final Score, according to the rules.
- (v) After every team is finished its performance, the Scorer should check the Score Sheet, sign it himself, & take the signatures of all the Judges including Time Keeper & Chief Judge before handing over the same to the Competition Director.
- (vi) The Scorer should attach all the Score Slips to the respective Score Sheet.
- (vii) A Scorer should be a qualified Judge at that level.
- (viii) The Scorer should wear a uniform prescribed by M.F.I

1.13.5 Set Writer

- (i) It is advised that in every competition there should be a Set Writer on each panel. If sufficient numbers of Set Writers are not available, the competition will run without Set Writer.
- (ii) The Set Writer should be a qualified Judge at that level.
- (iii) The Set Writer should sit on the right side of the Scorer.
- (iv) The Set Writer should make notes on the set including minute details such as pauses, faults, help, falls, final body positions, etc.
- (v) In case of a difference of opinion between Judges, the notes of the Set writer should be held as authentic and final..

- (vi) The Set Writer can take part in the Judge's discussion if called for by the Chief Judge.
- (vii) The Set Writer should wear a uniform prescribed by M.F.I.

1.13.6 Time Keeper

- (i) The Timekeeper should sit on the left side of the Chief Judge.
- (ii) The Time Keeper should give maximum of 3 minutes of warm-up time to each team, in Competition No. I and 1 minute to each individual, in case of Competition No. II and III.
- (iii) After the signal from the Chief Judge, if the Competitor fails to start his set within 10 seconds, the Time Keeper will inform the Chief Judge.
- (iv) As soon as Competitor touches the apparatus, the Time Keeper will start the stopwatch and stop the moment player touch the ground after dismount.
- (v) The Time Keeper should give an short audible signal at 60 seconds by short whistle / bell or orally and long audible signal at 90 seconds
- (vi) Time signal should be clear and the competitor and his Coach should be able to hear the signal properly.
- (vii) If an exercises / set are interrupted by a fall, the Time Keeper should not stop the stopwatch up to 90 seconds.
- (viii) The Time Keeper should inform the Chief Judge, time taken by the Competitor to complete his set.
- (ix) After every set, the Time Keeper should show the stopwatch to the Chief Judge, before resetting the same.
- (x) The Time Keeper should be a qualified Judge at that level.
- (xi) The Time Keeper should wear a uniform prescribed by M.F.I

1.13.7 Slip Bearers

All the Judges will prepare the Score Slips and Slip Bearers will collect the slips from the Judges and hand them over to the Chief Judge. The Slip Bearers should maintain the secrecy of the scores during the movement of the Slips. Organizers will provide the Slip Bearers as well as will provide uniform to them.

1.13.8 Observers of Competition

- (i) They will be appointed by Mallakhmab Federation of India with the consultation of Technical Committee formed by MFI and will be called as an observer of the concerned competition.
- (ii) One observer will be appointed on each panel by MFI
- (ii) Ensure that Chief Judges correctly evaluate the performance of a player on any Mallakhmab event during competition
- (iii) He will supervise record performance; check all the record and sign.
- (iv) Check the competition area for their events making sure that everything is in order and that the competition areas are positioned with safety in mind

1.14 DUTIES OF COMPETITORS, COACHES, AND MANAGERS

1.14.1 Competitors

- (A) The Competitor can participate in one age group only
- (B) The Competitor should make himself familiar with the contents of the Code of Points.

- (C) The Competitor should wear a proper uniform. If the uniform is not appropriate, the Chief Judge will make the deductions.
- (D) Cotton or Elastic single Anklet and or Knee Cap (No Foam Padding) are allowed on Rope Mallakhamb, for which no deductions will be made.
- (E) Before the start of the competition, only 3 minutes to each Team and 1 minute to each Individual will be given for warm-up. After this stipulated time period, Time Keeper will give the signal to stop the warming up.
- (F) No warming up is allowed in between two sets of the competition. For such warming up, the Chief Judge will make the appropriate deduction.
- (G) The Chief Judge will give the starting signal to the competitor and if the competitor fails to start his /her set within 10 seconds, then the Chief Judge will make an appropriate deduction from the average score.
- (H) The Competitor should not leave the arena without the permission of the Chief Judge.
- (I) The Competitor should behave properly and should not create any obstruction to the competition.
- (J) The Competitor should not discuss anything with the Judge about the points declared.
- (K) In case of misconduct of the Competitor, the Chief Judge will make appropriate deductions on every occasion from the average score.
- (L) In case of a fall from the apparatus the Competitor may continue his/her set within 10 seconds. Deduction for the every fall will be 0.50.
- (M) After the fall, if the Competitor fails to continue the set, within 10 sec. then points will be given for the performed set up to the fall. If the Coach enters in the arena and gives First Aid, after the fall, no deduction will be made.

1.14.2 Coaches

- (i) The Coach must have knowledge of the Code of Points.
- (ii) The Coach should attend the Coaches / Managers Meeting.
- (iii) The Coach should not discuss anything about the evaluation with the judges
- (iv) If the Coach violates rules and behaves in an undisciplined manner, then he will be warned at once, by the Chief Judge, and on the second such occasion, he can be expelled from the competition.
- (iii) If the Coach remains present near the apparatus, while Competitor is performing his set, 0.20 points will be deducted by the Chief Judge from the average points secured by the Competitor.
- (iv) During the performance, if the Coach signals the Competitor in any form, a deduction of 0.50 points will be made by the Chief Judge, from the average score of the Competitor..
- (v) The Coach can protest in writing, about the declared scores, within thirty minutes along with the prescribed Protest Fees.
- (vi) The Coach should be in proper uniform, 0.50 points deduction will be made from all the Team Members' average scores by Chief Judge if the coach is found in the arena in any other uniform.

1.14.3. Managers

- (i) The Manager must control his full team and is responsible for the behavior of his team.
- (ii) The Manager should keep the competitors ready for the performance as per the timetable.
- (iii) The Manager should produce the Birth Date certificates of the players for Registration along with the 2 photographs, of participating for the 1st time and the registration numbers of players already registered with the Federation. He also has to submit Medical certificates of the competitors on demand.
- (iv) The Manager should know about the facilities given by the organizers
- (v) The Manager should attend the Coaches / Managers meeting.
- (vi) The Manager can protest in writing, about the declared scores, within half an hour along with the prescribed Protest Fees.

1.15 MEDICAL EXAMINATION

The manager of the State Unit should produce the medical certificate stating the Competitor's fitness and that the Competitor does not have any contagious disease, for each Competitor. If necessary, the Technical Committee has the right to check and examine the Competitor, medically & also check the age & sex of the Competitor. The Technical Committee can conduct a dope test of the Competitor at any time before, during, or after the Competition.

Manager of the State Unit should produce the medical certificate stating the Competitor's fitness and that the Competitor does not have any contagious disease, for each Competitor. If, necessary, the Technical Committee has the right to check and examine the Competitor, medically & also check the age & sex of the Competitor. The Technical Committee can conduct dope test of the Competitor at any time before, during or after the Competition.

1.16 UNIFORM

1.16.1 Uniform of Boys /Men Competitors

- Pole and Hanging Mallakhamb- The competition attire will be Langot and Jangiya
- Rope Mallakhamb- Langot and Shorts with Sando Banian or T-shirt or Wrestling Costume

1.16.2 Uniform of Girls /Women Competitors

- Rope Mallakhamb- Gymnastic Costume, or T-Shirt & Shorts.

1.16.3 Uniform of Men Judges

- Black Trousers & White shirt without any design or any other color logos.

1.16.4 Uniform of Women Judges

- Black Trousers & White shirt/ Full White Saree and White Blouse

1.16.5 Uniform of Competition Director

- Black Trousers & White shirt without any design or any other colour logos.

1.16.6 Uniform of Time Keeper,

- Black Trousers & White shirt without any design or any other colour logos.

1.16.7 Uniform of Scorer

- Black Trousers & White shirt without any design or any other colour logos. \

1.16.8 Uniform of Set Writer

- Black Trousers & White shirt without any design or any other colour logos.

1.16.9 Uniform of Men and Women Coaches

- Full Track Suit or Lower of Track Suit & T-Shirt

1.16.10 Uniform of Slip Bearer

- As provided by the Organizer or White T-Shirt, Navy Blue Trouser, and Sports Shoes

1.17 PROTEST

- (i) The manager / Coach of the team, has a right to file a protest against the declared Points.
- (ii) The Protest should be on the official Letter Head of the respected State unit, signed by the Manager / Coach.
- (iii) The Protest should be addressed to the Chairman, Jury of Appeal. Protest filed addressing to any other authority will not be entertained.
- (iv) The Protest should be presented within half an hour from the declaration of the points.
- (v) The Protest Fees, Rs.1000/- should be deposited in cash /Online transfer along with the written protest in the prescribed manner to the Competition Director.
- (vi) The Jury of Appeal will give their decision about the Protest, in writing, through the Competition Director.
- (vii) If the Protest is upheld, the prescribed Protest Fees will be refunded and if not, will be forfeited & a proper receipt will be issued by the Federation

1.18 DISCIPLINE

During the Competition, all the participants are expected to respect all the Officials and their judgments. For any kind of indiscipline or misconduct by the individual or by the team, their Manager and /or Coach, the Chief Judge is empowered to deduct 0.50 points from the average score of an individual or team, concern. In case of gross misconduct, the Competition Director has the power to disqualify the concerned player / team, on the basis of the report of the Chief Judge or the Official.

1.19 MIGRATION

When a Competitor wants to change the State form in which he/she has participated and registered earlier, he/she should follow the Rules of Migration. Reasons for Migration may be the shifting of residence. (self/parents); starting a new business/shifting of business (self/parents) & any other satisfactory reason.

1.19.1 Migration of Players

- (i) The Competitor should submit an application for Migration to Parent State Association and the State Association to which he wants to migrate along with his Registration Number issued by the Federation.
- (ii) Both the State Units, to whom the Player has applied for Migration, should send their remarks to the Federation.

- (iii) T.C. may form a Sub-Committee to take a decision on the migration, which will submit its report to the Secretary, M.F.I. within 30 days.
- (iv) The decision of the Executive Committee will be final.
- (v) The formalities for Migration should be completed at least 2 months before the National Championships. If for some reason, M.F.I. fails to make a decision on the application, reached well in advance, then it will be assumed that the migration is granted.
- (vi) If a Competitor has already participated in the State Championships, of the Parent State, conducted for the selection of the team, to take part in the ensuing National Championships, he /she will not be eligible to migrate to another state in that calendar year.

1.20 SOUVENIR AND PRIZES

- (i) The Organizers will give Souvenirs or badges to all the Officials and Participants if it is possible.
- (ii) Merit Certificates and Medals to the winners will be provided by the M.F.I.
- (iii) If any institute or individual wishes to donate any Trophies, Mementos, Cash Prizes, then the same must be approved by the federation
- (iv) No prizes should be given on the spot without prior approval of the M.F.I.

1.21 EXAMINATION FOR JUDGES

MFI will conduct the national level judging examination for the judges under the following rules.

- (i) Examinee can appear for the examination after depositing the prescribed fees of Rs. 2000/- to the MFI or authorized affiliated state association for conducting the Judging examination.
- (ii) Boarding and lodging expenditure will be borne by the candidate himself at the place of Examination or the host can arrange boarding and lodging facilities on demand and payment.
- (iii) Examination will be conducted in three parts of 100 Marks i.e. Theory (60 Marks), Practical (30 Marks), and Viva Voice (10 Marks).
- (iv) On the basis of obtained marks in the Judging Examination, grades of the license will be provided to the Examinee in the following Manner--

Grade	I	-	80% or above Marks
Grade	II	-	70% to 79%
Grade	III	-	60% to 69%
- (vi) Successful candidates will get a license in the form of a certificate with an Identity Card for the period of 04 years in which their personal details will be mentioned
- (vii) The Chairman of, Technical Committee will conduct the judging examination with the consultation of the Executive officer of MFI
- (viii) There is no Upper age limit for a qualified Judge.

1.22 EQUIPMENT & ACCESSORIES

Before Competitions, the equipment should be approved by the M.F.I. for which one / two members / s should be deputed by the M.F.I; who should visit the Competition Arena at least 15 days in advance, check the equipment, observe all arrangements, and submit a report in writing to the Federation. equipments and accessories are required : All 3 types of Mallakhamb i.e. Pole, Hanging & 5 Rope Mallakhamb as per the specifications given by the Federation.

- (i) Mats of 2mtrs.X1mtrs.X6 to 10 cms. thick to be used around the various apparatus, Minimum 60 Nos. 2 Crash Mats, if available.
- (ii) Caster Oil (3 Liters)
- (iii) Magnesium Carbonate (Light) Powder. (5 Kg.)
- (iv) Resin Powder (2 Kg.)
- (v) Whistles / Bells (5 Nos.)
- (vi) 5 Stop watches
- (vii) Score Slips
- (viii) Score Sheets.
- (ix) Score Board.
- (x) Stationery viz.
- (xi) Foolscap paper (1Ream), Pads, Pens 30 Nos. each, Pokers 5 Nos.
- (xii) Furniture viz. Tables 40 Nos. Chairs 100 Nos. Benches 10 Nos.

1.23 EVENTS OF COMPETITION

1. Men Section

- 1.1. Apparatus Event Final for Men on Pole Mallakhamb
- 1.2. Apparatus Event Final for Men on Hanging Mallakhamb
- 1.3. Apparatus Event Final for Men on Rope Mallakhamb
- 1.4. Team Event Final for Men-on Pole, Hanging & Rope Mallakhamb
- 1.5. All Round Individual Event Final for Men on combined Score on Pole, Hanging & Rope Mallakhamb

2. Women Section

- 2.1. Apparatus Event Final for Women on Pole Mallakhamb
- 2.2. Apparatus Event Final for Women on Rope Mallakhamb
- 2.3. Team Event Final for Women on Pole, & Rope Mallakhamb
- 2.4. All Round Individual Event Final for Women on combined Score on Pole, Hanging & Rope Mallakhamb

3. Pyramid -Men & Women Section

- 3.1. Pyramid Event for Men and women on Pole Mallakhamb
- 3.2. Pyramid Event for Men and women on Rope Mallakhamb

SECTION 2

2.1 METHOD OF JUDGING

2.1.1 Start of the Competition

- (i) The sequence of the performance for the teams will be decided in the Coaches / Managers meeting held before the competitions.
- (ii) The captain of the team will have to report to the chief judge and submit the participation sequence of the players of his team. Chief Judge will note it on the prescribed score sheet.
- (iii) Chief Judge will allow for a warm-up time of 03 minutes getting ready for the performance.
- (iv) Chief Judge calls the first competitor by name or number to get ready and the timekeeper blows the whistle to start the set. As soon as the player touches the apparatus, the timekeeper will start the stopwatch to record the time. He blows a short warning whistle at 60 seconds and a final long whistle at 90 seconds.
- (v) All execution Judges and the chief judge will evaluate the performer in the score slip.
- (vi) Slip bearer will collect the score slips from execution judges and hand them over immediately to the scorer. The scorer will hand over all score slips of execution judges to the chief judge for consideration. If Chief Judge has any doubt about the obtained marks of the performer from all execution judges, then he can call a meeting of a panel of judges for discussion. After discussion, the chief judge will hand over all score slips to the scorer for recording the marks in Score Sheet.
- (vii) After recording the scores of the judges, the chief Judge will declare the final score of the performer on the respective apparatus before the start of the next performer of the team.
- (viii) If the Executive member of MFI and coach of the concerned team have passed the judge examination, they shall not be allowed to act as a Judge in any Mallakhamb Competition.
- (ix) If any objection is raised by the coach of a team in relation to the allotted score to a player, then the coach can request the Chairman Technical committee through the Director of competition to re-evaluate the performance by the separate panel of experienced Judges (4 execution Judge and 1 chief Judge) through recorded video of the player during competition on respective apparatus.

2.1.2 Calculation of Average Score

When the panel consisted of 01 chief judge and 04 execution judges, then- The Points of the Chief Judge will not be considered & average of the two middle scores out of points awarded by the four judges will be the average score.

For example---

Panel of Judges →	Chief Judge	Judge 1	Judge 2	Judge 2	Judge 4
Awarded points →	8.30	Lowest 7.50	7.90	8.30	Highest 8.40

$$\text{Average Score} \Rightarrow \frac{8.30 + 7.90}{2} = \frac{16.20}{2} = 8.10$$

2.1.3 Calculation of Base Score

If the difference between the average of the two middle scores and the Chief Judge Score have more difference than the tolerance limit, then the Chief Judge must calculate the Base Score to declare the final score of the performer. The Base Score means, the average of two middle, Score and points awarded by the Chief Judge divided by 2.

Formula of Base Score---

Average of 2 middle Scores of four judges + Score of the Chief Judge

2

For Example:

The average of the two middle Scores is 9.05 and the chief score is 9.40, then the difference between both scores is $9.40 - 9.05 = 0.35$ which is more than the tolerance limit. Tolerance limit between two scores is 0.10 for a score between 9.00 to 10.00 (See Table - Tolerance Limit)

Panel of Judges →	Chief Judge	Judge 1	Judge 2	Judge 2	Judge 4
Awarded points →	9.40	Lowest 8.90	9.10	9.00	Highest 9.50

$$\text{Average Score} \Rightarrow \frac{9.10 + 9.00}{2} = \frac{18.10}{2} = 9.05$$

$$\text{Base Score} \Rightarrow \frac{9.40 + 9.05}{2} = \frac{18.45}{2} = 9.225$$

2.2 EVALUATION OF EXERCISE

1. A panel of a Chief Judge and 4 Judges will evaluate each set, for 10 points, independently.
2. The slip bearer will hand over all the slips to the scorer.
3. After completion of each set, every Judge will prepare the score slip within 20 Seconds and handover it to the slip bearer.
4. The chief Judge should write down his score first on his slip before all the other Judges.
5. The highest and the lowest scores out of the scores given by the four judges will be circled on the score sheet and an average of the middle two scores will be taken into consideration.

6. When the panel of Judges is 4 executions Judge and 1 chief Judge, then the difference of the points between the average of the two middle scores and the points of the chief Judge should not exceed. If it is so then the chief judge must calculate the base score of the performer to declare the final score on the respective apparatus.

2.2.1 Tolerance limit

The tolerance limit of the score between the chief Judge and an average of two middle scores of Judges is given below-

2.2.1 Tolerance limit

Tolerance limit of score between chief Judge and average of two middle scores of Judges is given below-

Chief Judge Score and average of two middle score of Judges falls between	Tolerance limit
9.00 to 10.00	0.10 points
8.00 to 9.00	0.20 points
7.00 to 8.00	0.30 points
6.00 to 7.00	0.40 points
5.00 to 6.00	0.50 points
Below 5.00	1.00 points

2.3. DISTRIBUTION OF 10 POINTS

Difficulty	3.80 Points
Combination	1.60 Points
Execution	4.40 Points
Bonus For Originality	0.20 Points
Total	10.00 Points

2.3.1 Difficulty (3.80)

2.3.1.1 Requirement of Elements in Various Competitions

Competition	A	B	C
Team Championship. (Competition -I)	4	6	1
Individual all round Championships (Competition -II) & Apparatus Championship (Competition-III)	1	6	2

2.3.1.2 Prescribed value of A, B, & C class elements

A Class = 0.20

B Class = 0.40

C Class = 0.60

2.3.1.3 Calculation of Total Value of Difficulty in Various Competitions

Competition	A	B	C	TOTAL
Team Championship. (Competition -I)	0.20 X 4 = 0.80	0.40 X 6 = 2.40	0.60 X 1 = 0.60	3.80
Individual all round Championships (Competition -II) & Apparatus Championship (Competition-III)	0.20 X 1 = 0.20	0.40 X 6 = 2.40	0.60 X 2 = 1.20	3.80

2.3.2 Combination (1.60)

2.3.2 Combination (1.60)

For the balanced and neat structure of the Set, care should be taken about the following requirements:

- 1 Full Length of the Apparatus should be used.
- 2 Elements should be performed both, from the right and left sides.
- 3 Both, forward and backward bending elements should be performed.
- 4 All types of elements viz. speedy, acrobatic, catches, hold parts etc Should be performed.

2.3.2.1 Special combination requirements on Pole Mallakhamb

S, No.	Subject Matter	Penalty for Non-execution
1	All parts of the Pole should be properly utilized.	0.10
2	One Acrobatic element of 'B' part should be executed from both sides.	0.20
3	Continuous 3 Acrobatic elements of which at least one should be 'B' part	0.20
4	At least one Vertical Hold part.	0.20
5	At least one Horizontal Hold part.	0.20
6	One Hold part demonstrating flexibility of back bone.	0.10
7	At least B mount.	0.10
8	At least C dismounts.	0.20
9	At least two transitions from one hold position to another Hold position.	0.20
10	Minimum 16 elements in one Set.	0.10

2.3.2.2 Special combination requirements on Hanging Mallakhamb

S, No.	Subject Matter	Penalty for Non-execution
1	All parts of the Hanging Mallakhamb should be properly utilized.	0.10
2	Acrobatic element of 'A' part from both sides.	0.20
3	Continuous 3 Acrobatic elements of which at least 1 should be 'B' part	0.20
4	At least one Vertical Hold part.	0.20
5	At least one Horizontal Hold part.	0.20
6	Back bone flexibility	0.10
7	At least B mount.	0.10
8	At least C dismounts.	0.20
9	At least one transitions from one hold position to another Hold position.	0.20
10	Minimum 14 elements in one Set.	0.10

2.3.2.3 Special combination requirements on Rope Mallakhamb

S, No.	Subject Matter	Penalty for Non-execution
1	At Least once the rope should be held in legs at 4 meter height	0.20
2	At least 2 hold parts showing forward & backward flexibility (Both elements should be performed)	0.30
3	At least one Vertical and one Horizontal Hold part.	0.30
4	At least B- Part mount.	0.20
5	At least C-Part Dismount.	0.20
6	At least one Strength Part	0.20
7	Minimum 18 elements in one Set	0.20

2.3.3 Execution (4.40 Points)

Execution includes -

2.3.3 Execution (4.80 Points)

Execution includes -

1. Technique.
2. Maximum range of movements (Amplitude)
3. Proper posture.
4. Controlled body movements.
5. Exactness of phases during turning movements.
6. Height and flight/amplitude of the catches.
7. Proper position and proper direction after 'zap' (Catch)
8. Dismount with a steady and perfect landing.
9. Preciseness in the whole performance.
10. Speed of the set.

2.3.4 Bonus (0.20 Points)

For the invention of new elements by the coaches and players, 0.20 bonus points will be allotted for the Original element to the players. The coach should submit his newly invented element with the name and description in the form of a video to the technical committee before the competition for approval. The said element will be treated as 'Originality' for the next 365 days from the date if it has been executed in the competitions

2.4 DEDUCTIONS FROM EXECUTION

2.4.1 Minor Deductions

S.No.	Subject Matter	Deductions
1	Improper Body Posture.	0.10
2	Not stretched palms and legs	0.10
3	Bending the palms/elbows/knees	0.10
4	Unnecessary separation of hands and leg	0.10
5	Improper final position.	0.10
6	Unessential pause for more than 2 Seconds	0.10
7	Unnecessary touches to the Apparatus.	0.10
8	Low height and flight at mounts and dismounts	0.10
9	Technically improper turning movements.	0.10
10	Low Amplitude	0.10
11	Slight touch of hands or legs to the ground/mats	Up to 0.20
12	Extra swing where not required.	Up to 0.20
13	Improper/Slipped Catches.	Up to 0.20
14	Too low height and flight at mount and dismounts	Up to 0.20
15	Tuck, pike or hollow, where not required.	Up to 0.20
16	Unnecessary break in the continuity of elements	Up to 0.20

2.4.2 Major Deductions

S.No.	Subject Matter	Deductions
1	Losing the balance on the apparatus itself.	up to 0.50
2	Physically help by the Coach.	up to 0.50
3	Fall on the Ground	up to 0.50

2.4.3 Deductions from Final Score

The Chief Judge will make deductions, from the Average Score of the Judges. Deductions by the Chief Judge will be shown in the deductions column of the Score Sheet

S.No.	Subject Matter	Deductions
1	For not reporting to the Chief Judge before & after the Set	0.10
2	For not maintaining the Sequence	0.20
3	For exceeding the warm up period	0.20
4	Set not started within 10 seconds from the start' signal	0.20
5	For improper attire	0.20
6	If the Team is not in Uniform (Deduction from Team Total)	0.50
7	Time Deduction: As per the prescribed Table	-
8	For misbehaviour of the Competitor	1.00
9	For gross misconduct debarring the Individual or Team	0.10

2.4.4 Time deductions from final score

S. No.	Time consume more than 90 second	Deductions
1	Up to 3 Seconds	0.20
2	Up to 5 Seconds	0.30
3	Up to 9 Seconds	0.40
4	10 Seconds or Above	0.50

SECTION-3

DIFFICULTY TABLE

POLE MALLAKHAMB

1. MOUNT

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Sadhi Udi & its variations, 2. Nakikas Mount, 3. Ghoda mount 4. one leg take off 5. Khanda Mount, 6. Bagli Tedhi, 7. Bagli Aadhi,	1. Side Back Salto Catch, 2. Kasav Aadhi Mount 3. Ghoda Khalchi 4. Khanda Mount - free 5. Jump to bajrangi hold at head hight, 6. Clear arm pit Mount.	1. Back Salto - Backward, 2. Forehead Mount - Straight Hands & Body, 3. Front Catch, 4. Jump to Guru Pakad Hold at Head Hight, 5. Kasav Pakad ½ turn Tedhi

2. HOLD PART

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Bajarang Pakad, 2. Hanuman Dhvaj, 3. Bandar Pakad, 4. Guru Pakad, 5. Tedhi Natarajasan - with outer hand, 6. Bagli Phara, 7. Paschimottanasan, 8. Padahastasan, 9. Akarna- Dhnurasan, 10. Two Hand Mayurasan, 11. Naukasan, Koormasan, 12. Hatacha Phara, 13. Godha Balance	1. Clear Armpit Support (T) 2. One leg Gurupakad, 3. Straddle L Hold, 4. Ekpadshirasan, 5. Kukkutasan, 6. ½ arm balance, 7. Tedhi Natarajasan-with inner Hand, Hanumantasan, 8. Hasta Padagusthasan, 9. Bagli Plank, 10. Veerabhadrasan, 11. Patich Tajawa (Back 12. Balance), 12. Potacha Tajawa (abdominal Balance), 13. Hatach phara- Horizontal, 14. Vrishchikasan from bagli Hold, 15. Vrishchikasan from hand Hold, 16. Payacha phara (Toe Balance), 17. Back Fish, 18. Side Fish, Shoulder Plank.	1. One Hand Straddle L, 2. Chakorasan, 3. Natarajasan Hand-leg hold, 4. Stand to Natarajasan, 5. Durvasan, Standing Split, 6. Y-Lever, 7. Kandapeedasan, 8. One hand Bagli Plank, 9. Full arm balance, 10. Vrishchikasan from 11. Short arm, Vrishchikasan from Hand Stand, 12. Hand stands Plank.

3. ACROBATIC ELEMENTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Dasarang from both sides, 2. Tedhi Vel, 3. Hand/Leg Phiraki, 4. Tabak Phad, 5. Gurupakad Phirki, 6. Suidora one leg, 7. Angsafa.	1. One Hand Dasarang from both sides, 2. One Hand Tedhi Vel Machali Ghana, 3. Tabak Fad Dasarang, 4. Angsafa Twist to Aadhi, 5. Shidi (Min.4 Steps), 6. Suidora both legs, 7. Khandi Suidora (<i>Mohanbedi</i>) 7. Khandi Dasarang twice, 8. Bagli Phara Back balance, 9. Short Arm to One hand 10. Mayurasan & vice Versa, 11. Shoulder Plank to abdominal 1 12. Balance & Vice Versa, 13. Bent Leg to Hand Press to Hand Stand, 14. Bagli Balance to Ghoda Balance.	1. Free hand Dasarang, 2. Teli Ghana 1/1 turn to adhi, 3. One Hand Tabakfad Dasarang, 4. One Hand Straddle L to Short arm & Vice Versa, 5. Handstand to Straddle, 6. Straddle L-Press to Handstand, 7. Hatacha Phara to Short Arm Balance, 8. Short Arm Balance to 9. Veerbhadrasan.

4. CATCHES

'A' Class Elements	'B' Class Elements	'C' Class Elements
1. Phiraki Catch, 2. Hand Hold Catch, 3. Baithi Zaap Catch,	1. Bajrang Catch, 2. Gurupakad Catch, 3. Adhi to Bajrang, 4. Bandar to Shoulder Plank, 5. Adhi to Bandar, 6. Short arm to Catch, 7. Mayurasan Catch, 8. Squat Catch, 9. Sliding Catch, 10. Potach Tajwa Catch, 11. Short Arm to tedhi, 12. Hanuman Dhawj Catch	1. Adhi to Adhi, 2. Handstand Catch, 3. One Hand Mayurasan Catch, 4. Khadi Zaap, 5. ½ turn Khadi Zaap, 6. One Hand Mayurasan to Tedhi, 7. Bajrang to Bajrang, 8. Chakorasan Catch, 9. Veerbhadrasan Standing ½ / Full turn Catch, 10. Hanuman Dhawj Reverse Catch

5. DISMOUNTS

'A' Class Elements	'B' Class Elements	'C' Class Elements
1. Binhati Udi, 2. Mayurphankhi, 3. Bandar udi, 4. Hatacha PharaCut, 5. Mayurasan Cut.	1. Binhati Udi ½ turn, 2. Bandar Udi ½ turn, 3. Mayurphankhi ½turn, 4. Short Arm Cut, 5. One Hand Mayurasan Cut, 6. Potacha Tajwa <i>kalat</i> / cut.	1. Binhati Udi Full Turn, 2. Bin hati Udi Gainer back,Back 3. Front Salto, 4. Mayurphanki Full Turn, 5. Bandar Gainer Back, 6. Bajrang Front / Back Salto, Gainer Back, 7. Gainer Front Salto, 8. Mayurasan Front Salto, 9. Handstand Push Back Salto, 10. Straight hand mayurasan Kalat.

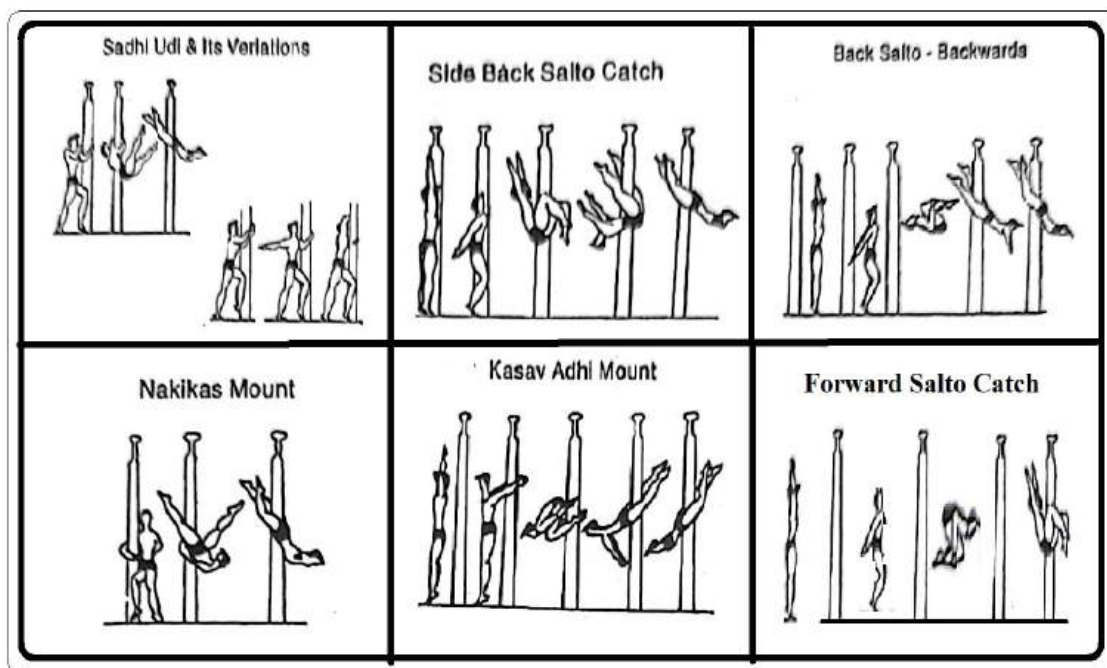
1. POLE MALLAKHAMB

1.1 MOUNTS

A-Class Elements

B- Class Elements

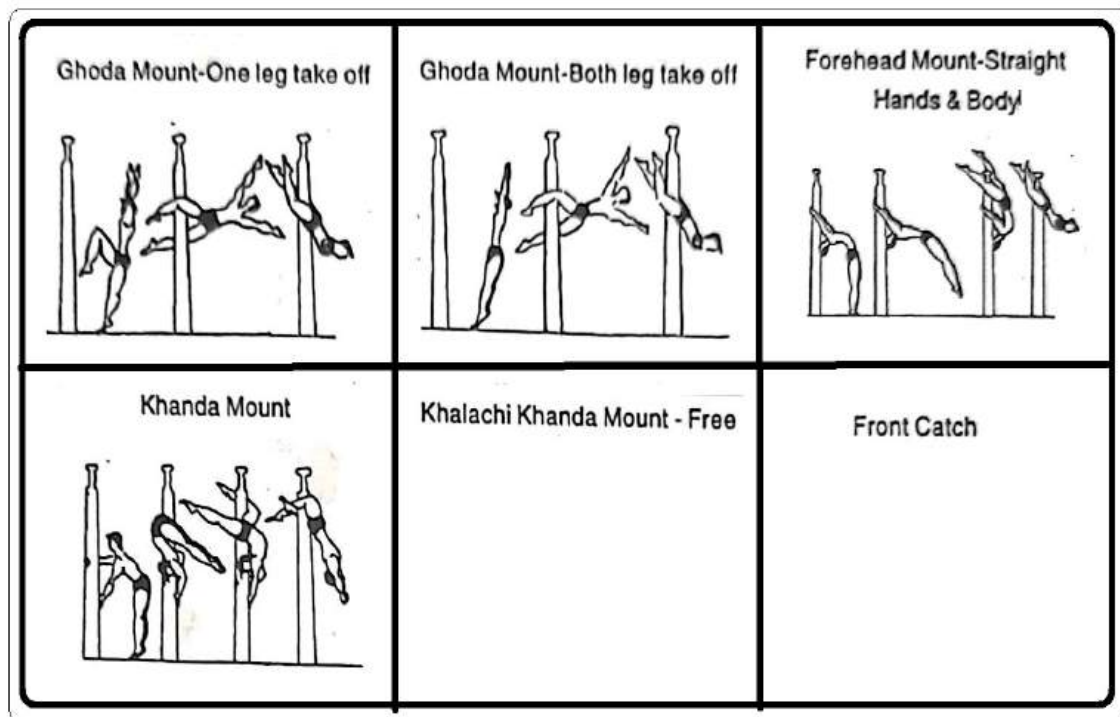
C-Class Elements



A-Class Elements

B- Class Elements

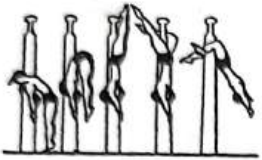
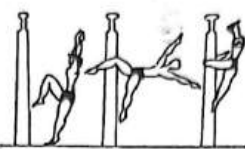
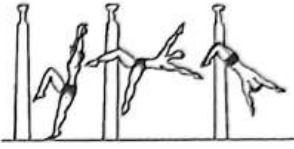
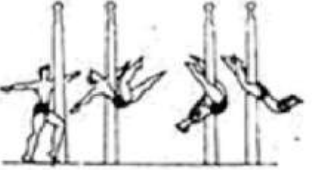
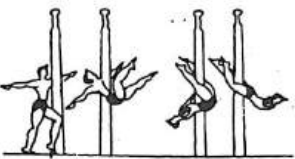
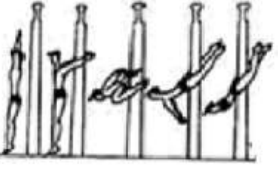
C-Class Elements



A-Class Elements

B- Class Elements

C-Class Elements

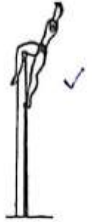
Bagali Tedhi 	Jump to Bajarang Hold Head Ht. 	Jump to Guru Pakad Hold Head Ht. 
Bagli-Arm Pit 	Clear Arm Pit Mount 	Keshav Adhi 

1.2 HOLD PARTS

A-Class Elements

B- Class Elements

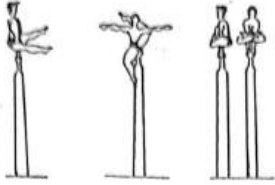
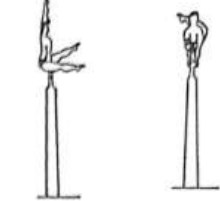
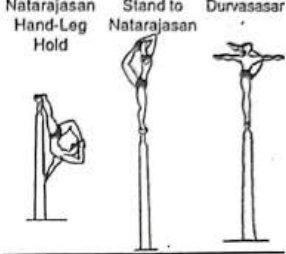
C-Class Elements

Bajarang 	Hanuman Dhwaaj 	Clear armpit support (T Balance) 	
Bandar Pakad 	Guru Pakad 	One leg Gurupakad 	

A-Class Elements

B- Class Elements

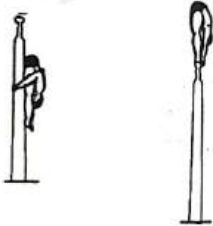
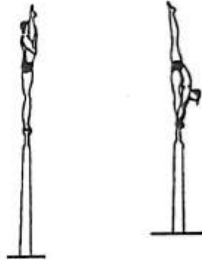
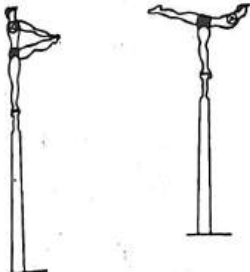
C-Class Elements

	Straddle L. Ekpadashtirasan Kukkutasar 	One hand Straddle L Chakorasana 
Tedhi Natarajasan-with outer hand 	Tedhi Natarajasan-with Inner hand 	Natarajasan Hand-Leg Hold Stand to Natarajasan Duvrasasar 

A-Class Elements

B- Class Elements

C-Class Elements

Paschimottanasana Padahastasan 	Hanumanasan 	Standing Splits 
Akarnadhanurasana 	Hastapadangusthasana Veerbhadrasana 	Y-Lever 

A-Class Elements	B- Class Elements	C-Class Elements
Mayurasan	One Hand Mayurasan	
Naukasan Koormasan	Pathicha Tajwa (Back Balance) Potacha Tajwa (Abdominal Balance)	Kandapeedasan

A-Class Elements	B- Class Elements	C-Class Elements
Bagali Phara	Bagali Plank	One Hand Bagali Plank
Hatacha Phara Ghoda Balance	Hatacha Phara Horizontal	

A-Class Elements

B- Class Elements

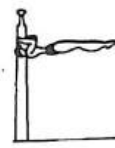
C-Class Elements

	Half Arm Balance 	Hand Stand/ Full Arm Balance 
	Vrischikasan from Bagali Hold from Hand Hold  	Vrischikasan from Shortarm from Hand Stand 

A-Class Elements

B- Class Elements

C-Class Elements

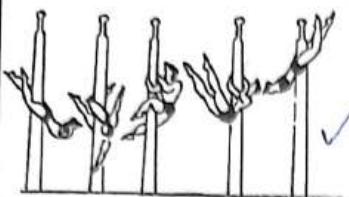
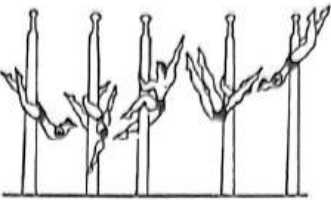
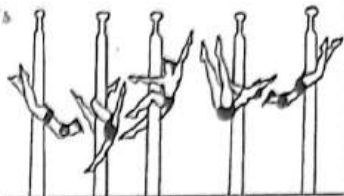
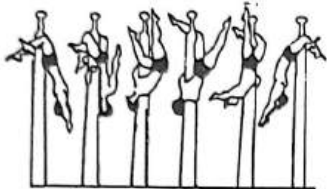
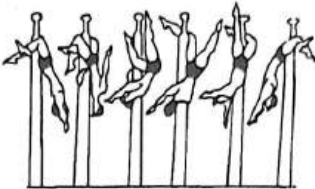
	Toe Balance 	
	Back Fish Shoulder Plank  	Hand Stand Plank 

1.3 ACROBATIC ELEMENTS

A-Class Elements

B- Class Elements

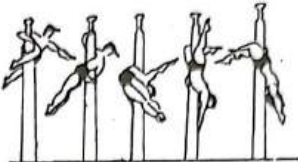
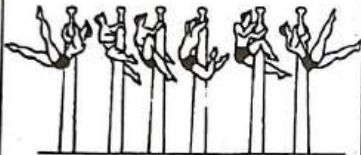
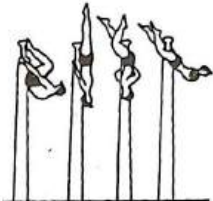
C-Class Elements

Dasarang from Both Sides 	One Hand Dasarang from Both Sides 	Free Hand Dasarang 
Tedhi Vel 	One Hand Tedhi Vel 	

A-Class Elements

B- Class Elements

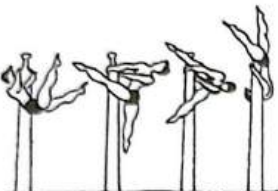
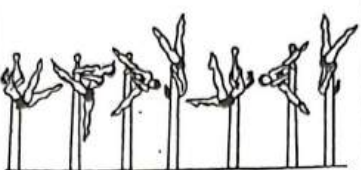
C-Class Elements

	Machali Ghana 	Teli Ghana 1/1 turn to adhi 
Hand / Leg Phirki 	Angsafa Twist to Adhi 	

A-Class Elements

B- Class Elements

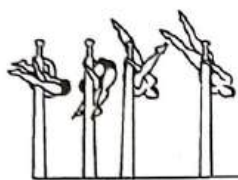
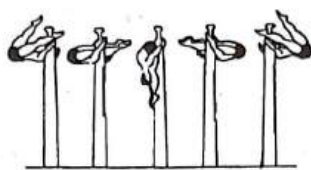
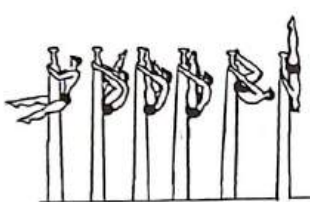
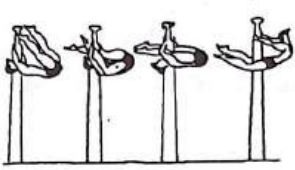
C-Class Elements

Tabak Fad 	Tabak Fad Dasarang 	One Hand Tabakfad Dasarang 
Gurupakad Phirki 	Shidi-(Min. 4 Steps) 	

A-Class Elements

B- Class Elements

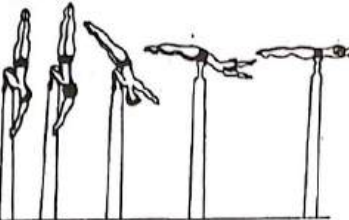
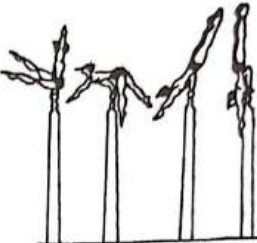
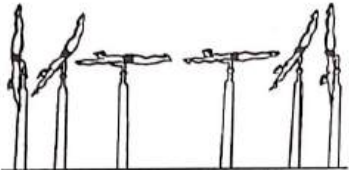
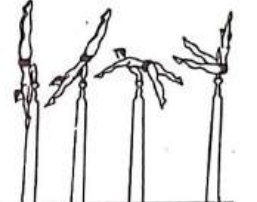
C-Class Elements

Suldora-One Leg 	Suldora-Both Leg 	
Angsafa 	Khandi Suldora/Khandi Dasarang Twice 	

A-Class Elements

B- Class Elements

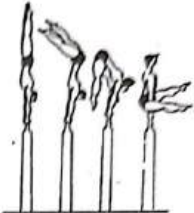
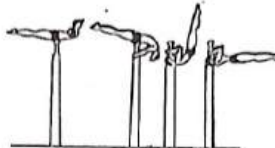
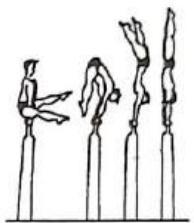
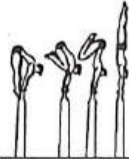
C-Class Elements

	Bagall Phara Back Balance 	One Hand Straddle L to Shortarm 
	Shortarm to One Hand Mayurasan & Vice Versa 	Shortarm to One Hand Straddle L 

A-Class Elements

B- Class Elements

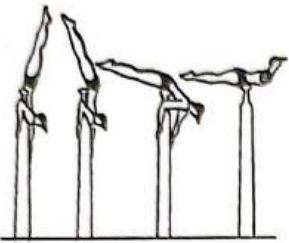
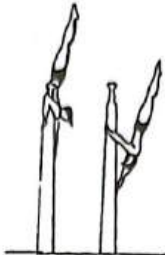
C-Class Elements

	Shoulder Plank to Abdominal Balance 	Handstand to Straddle 
	Abdominal Balance to Shoulder Plank 	Straddle L - Press to Handstand 
	Bent Leg/Hand Press to Handstand 	

A-Class Elements

B- Class Elements

C-Class Elements

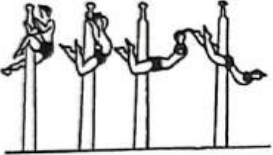
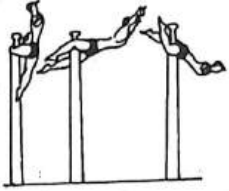
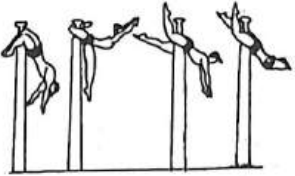
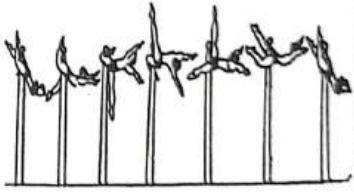
Bagali balance to Potacha Tajwa 	Bagali balance to Ghoda Balance 	Hatacha Phara to Short Arm balance
		Short Arm balance to Veerbhadrasan

1.4 CATCHES

A-Class Elements

B- Class Elements

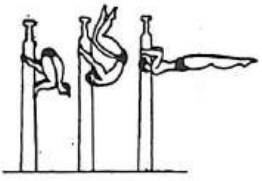
C-Class Elements

Phirki Catch 	Bajarang Catch 	
	Gurupakad Catch 	Adhi to Adhi 

A-Class Elements

B- Class Elements

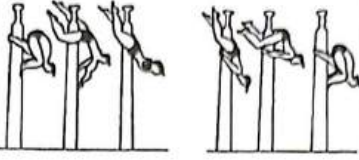
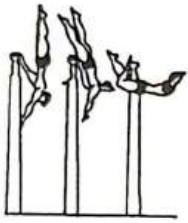
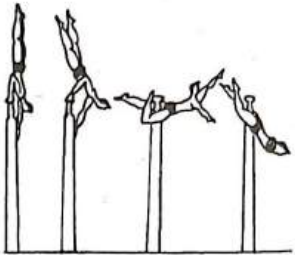
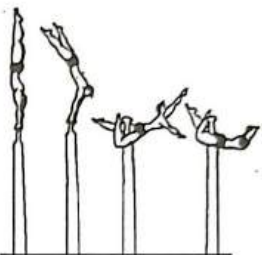
C-Class Elements

	Adhi to Bajarang 	
	Bandar to Shoulder Plank 	

A-Class Elements

B- Class Elements

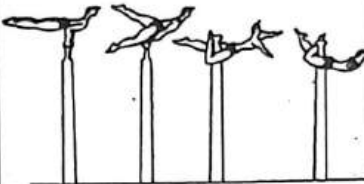
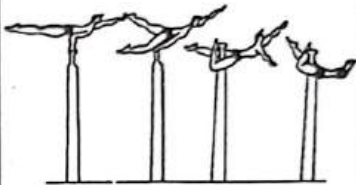
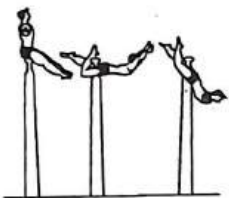
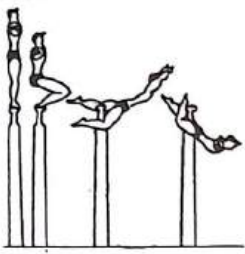
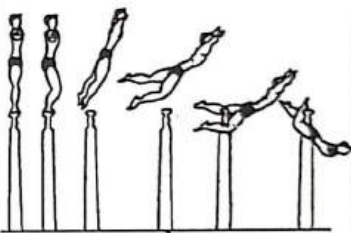
C-Class Elements

	Bandar Catch Adhi to Bandar 	
Hand Hold Catch 	Short Arm to Catch 	Handstand Catch 

A-Class Elements

B- Class Elements

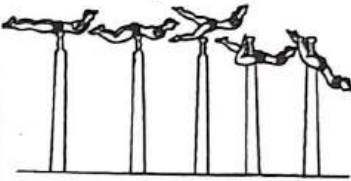
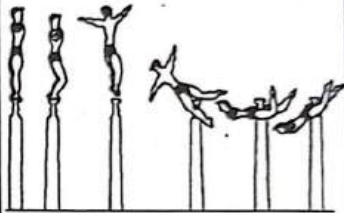
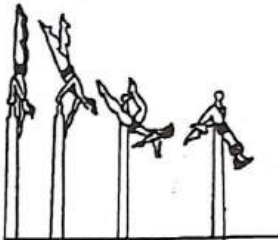
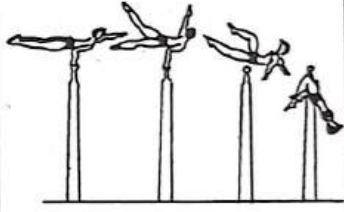
C-Class Elements

	Mayurasan Catch 	One Hand Mayurasan Catch 
Sitting Catch (Baithi Zaap) 	Squat Catch/Sliding Catch 	Satanding Catch (Khadi Zaap) 

A-Class Elements

B- Class Elements

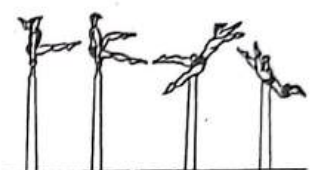
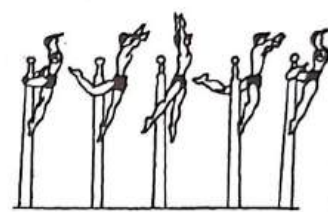
C-Class Elements

	Potacha Tajwa Catch 	Standing 1/2 turn Catch 
	Short arm to tedhi 	One Hand Mayurasan to Tedhi 

A-Class Elements

B- Class Elements

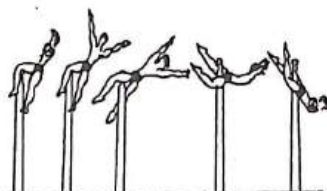
C-Class Elements

		Chakorasan Catch 
		Bajarang to Bajarang 

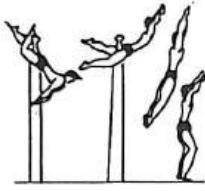
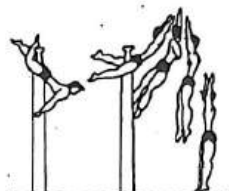
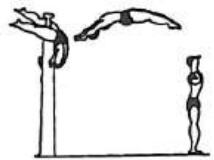
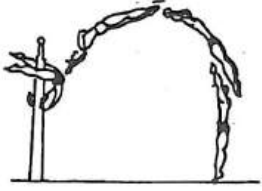
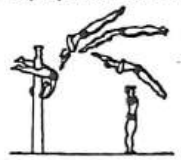
A-Class Elements

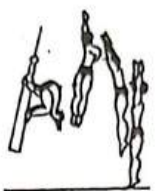
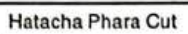
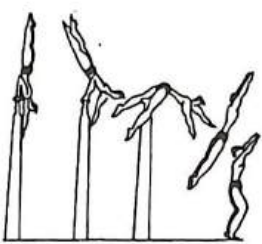
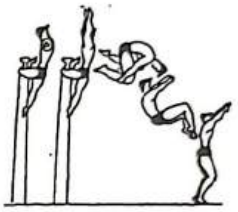
B- Class Elements

C-Class Elements

		Veerbhadrasan Standing / 1/2 / 1/1 turn Catch
	Hanuman Dhvaj Catch 	Hanuman Dhvaj Reverse Catch

1.5 DISMOUNT

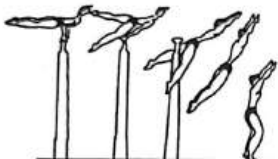
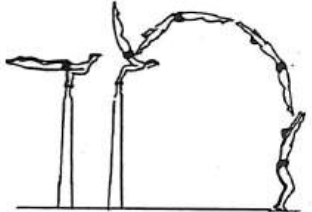
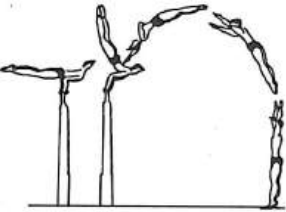
A-Class Elements	B- Class Elements	C-Class Elements
Binhati Udi 	Binhati Udi 1/2 Turn 	Binhati Udi 1/1 Turn 
Mayurpankhi Throw 	Mayurpankhi 1/2 turn 	Binhati Udi Gainer back 
		Mayurpankhi full turn 

A-Class Elements	B- Class Elements	C-Class Elements
Bandari Udi 	Bandari Udi 1/2 Turn 	Bandari Gainer Back 
Hatacha Phara Cut 	Short Arm Cut 	Bajarang Front-Salto 

A-Class Elements

B- Class Elements

C-Class Elements

Mayurasan Cut 		Back Salto 
Mayurasan Vault 	Mayurasan Vault with 1/2 turn 	Gainer Back 

A-Class Elements

B- Class Elements

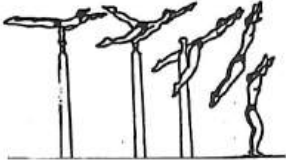
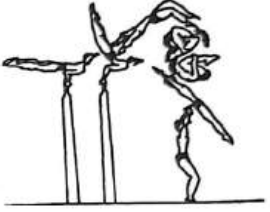
C-Class Elements

		Hanuman Dhvaj Back 
		Front Salto  Gainer Front Salto 

A-Class Elements

B- Class Elements

C-Class Elements

	One Hand Mayurasan Cut / Potacha Tajwa Cut 	Mayurasan Front Salto 
		Handstand Push Back Salto / Mayurasan Back Salto 

2. HANGING MALLAKHAMB

1. MOUNT

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Sadhi Udi & its variations 2. Nakikas Mount, 3. Ghoda Mount with 1 Hand Support, 4. Khalachi Tedhi.	1. Free catch / Kanpadad, 2. Kasav Pakad, 3. Clear Ghoda Mount without Hand Support(One / Both Leg Take off)	1. Side Back 2. Clear back Salto, 3. Kasav Pakad above Head 4. Hight, Kapal Adhi Mount, 5. Front Salto Catch, 6. Khandi Tedhi.

2. HOLD PART

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Bajarang , 2. Bandar Pakad, 3. Guru Pakad, 4. Natarajasan-with outer hand 5. Paschimottanasan 6. Akarna - Dhnurasan, 7. Koormasan, 8. Straddle L 9. Bagli Phara/Balance	1. Natarajasan-with inner Hand, 2. Hanumantasan, 3. Bagli Plank Both handed, 4. Bagali One Handed, 5. Hand Hold, 6. Back Fish , 7. Shoulder Plank	1. Ghoda Balance Hold 2. Ghoda Balance Plank.

3. ACROBATIC ELEMENTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Dasarang, 2. Tedhi Vel, 3. Hand Phiraki, 4. leg Phiraki, 5. Tabak Fad, 6. Guru Pakad Phiraki, 7. Angasafa, 8. One leg Suidora.	1. One Hand Tedhi Vel, 2. Teli Ghana To Tedhi, 3. Machli Ghana 4. Tabak Fad Dasarang, 5. Shidi Climb (4 Steps), 6. Both Leged Suidora 7. Mohanbedi.	1. One hand Dasarang, 2. One Hand Tedhi, 3. Climb Up With One Arm Support 4 Steps 4. Teli Ghana Adhi.

4. CATCHES

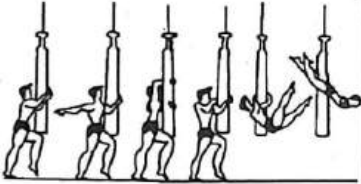
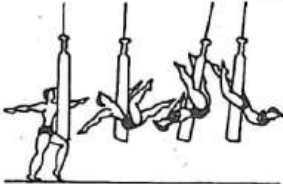
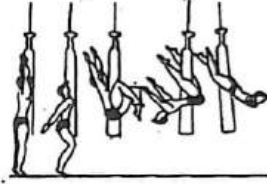
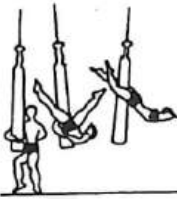
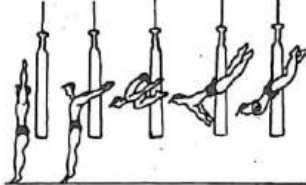
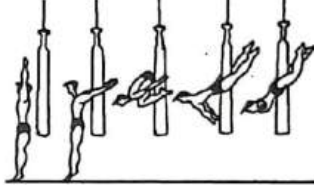
‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Bagli Phara Catch, 2. Mohanbedi Catch.	1. Bajrang Catch, 2. Guru pakad Catch, 3. Bandar Pakad Catch 4. Bandar to Shoulder Plank.	1. Adhi to Bajrang, 2. Hand Hold(Clear) to Catch, 3. Adhi to Bandar 4. Shoulder Plank to Bandar, 5. Bajrang to Bajrang.

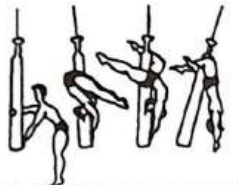
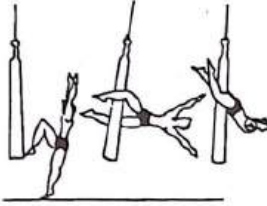
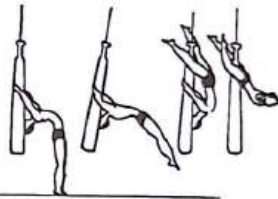
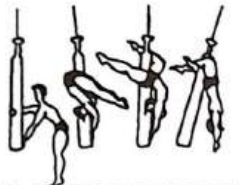
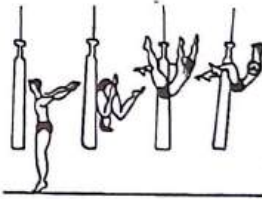
5. DISMOUNTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Binhati Udi, 2. Mayurpankhi, 3. Bandar Pakad Udi.	1. Binhati Udi ½ turn, 2. Bandar Pakad ½ Turn, 3. Mayurpankhi ½ Turn, 4. Hand Hold Cut.	1. Binhati Udi Full Turn 2. Bandar Pakad Udi Full Turn, 3. Mayurpankhi Full Turn 4. Guru Pakad Full Turn 5. Bajrang Front Salto/Back Salto.

2. HANGING MALLAKHAMB

2.1 MOUNT

A-Class Elements	B- Class Elements	C-Class Elements
Sadhi Udi 	Freecatch / Kanpakad 	Side Back / Clearback Salto 
Nakikas Mount 	Kasav Pakad 	Kasav Pakad above Head Ht. 

A-Class Elements	B- Class Elements	C-Class Elements
Ghoda Mount with one hand Support 	Clear Ghoda Mount without hand Support (One / Both Leg Takeoff) 	Kapal / Forehead Mount 
Khalachi Tedhi 		Front Salto Catch / Free Khandi Tedhi 

2.2 HOLD PARTS

A-Class Elements			B- Class Elements	C-Class Elements
Bejarang	Bandar	Guru		
				
Natarajasan Outer Hand			Natarajasan Inner Hand	
				

A-Class Elements		B- Class Elements	C-Class Elements
Paschimottanasan	Akamadhanurasan	Hanumanasan	
			
Bagali Balance	Koormasan	Both Handed Bagali Plank	One Handed Bagali Plank
			

A-Class Elements

B- Class Elements

C-Class Elements

Straddle L 	Hand Hold 	Ghoda Hold 	Plank 
	Back Fish 	Shoulder Plank 	

2.3 ACROBATIC ELEMENTS

A-Class Elements

B- Class Elements

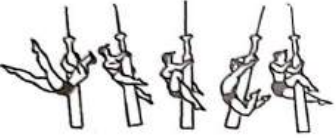
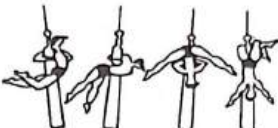
C-Class Elements

Dasarang 		One Hand Dasarang 
Tedhi Vel 	One Hand Tedhi Vel 	Climb Up with only Arm Support 4 Steps Minimum

A-Class Elements

B- Class Elements

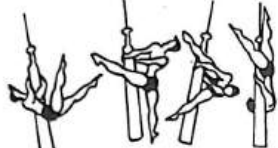
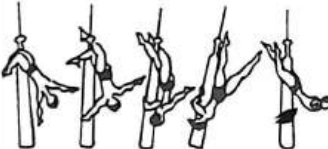
C-Class Elements

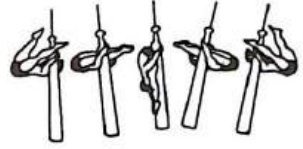
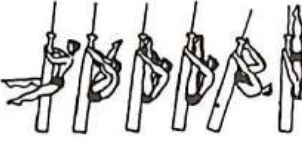
Hand / Leg Phirki 	Teli Ghana to Tedhi 	
	Machali Ghana 	Teli Ghana 

A-Class Elements

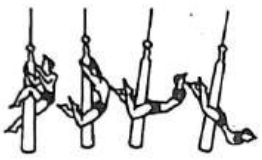
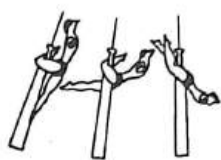
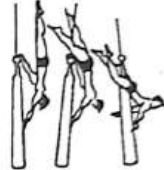
B- Class Elements

C-Class Elements

Tabak Fad 	Tabak Dasarang 	
Guru Pakad Phirki 	Shidi Climb...4 Steps min 	

A-Class Elements	B- Class Elements	C-Class Elements
One Leg Suldora  _____	Both Leged Suldora  _____	
Angasafa  _____	Mohanbedi  _____	

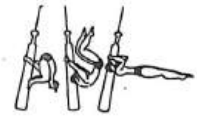
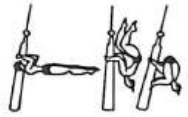
2.4 CATCHES

A-Class Elements	B- Class Elements	C-Class Elements
Phirki  _____	Bajarang Catch  _____	Adhi to Bajarang  _____
Bagli Phara Catch Mohan Bedi Catch	Gurupakad Catch  _____	Hand Hold (Clear) to Catch  _____

A-Class Elements

B- Class Elements

C-Class Elements

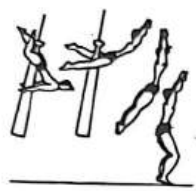
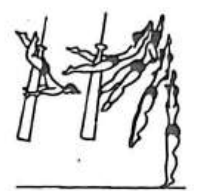
	Bandar Pakad Catch 	Adhi to Bandar 
	Bandar to Shoulder Plank 	Shoulder Plank to Bandar 

2.5 DISMOUNTS

A-Class Elements

B- Class Elements

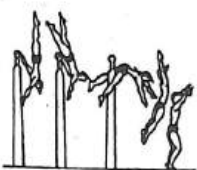
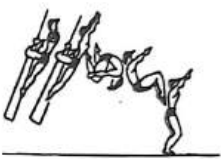
C-Class Elements

Binhat Udi 	Binhat Udi with 1/2 Turn 	Free Dismount with 1/1 Turn Gurr Pakad 1/1 Turn
Mayurpankhi 	Mayurpankhi 1/2 Turn 	Mayurpankhi Up 1/1 Turn 

A-Class Elements

B- Class Elements

C-Class Elements

Bandar Pakad Udi 	Bandar Pakad Udi 1/2 Turn 	Bandar Pakad Udi 1/1 Turn 
	Hand Hold Cut Dismount 	Bajrang Front / Back Salto 

3. ROPE MALLAKHAMB

1. MOUNT

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Simple Climb, 2. Jump & Catch 3. Jump to Straddle L Hold.	1. Free Climb 4Steps Legs position optional, 2. Shidi Climb 4 Steps, 3. Vel ClimbingOne Hand Support, 4. Jump to ½ Turn Straddle L	1. Front Salto Catch, 2. Full Turn Catch Legs position Optional.

2. HOLD PART

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Sadhi Udi, 2. Shirshasan, 3. Lower Cross, 4. Upper Cross, 5 Pashimottansan, 6. Straddle L, 7. Padahastasan.	1. Nishani, 2. Dwipadshirasan, 3. Natarajasan, 4. Y-Lever, 5. Front Lever, 6. Padmasan, 7. Bajrang, 8. Ekpadsirasan, 9. Wadi, 10. Rickab, 11. Suptatrivikramasan, 12. Waghul Udi, 13. Gurupakad, 14. Side Plank, 15. Shavasan, 16. Nidrasan, 17. Front Fish, 18. Shayanasan, 19. Front Balance, 20. Dhanurasan.	1. Needle Scale, 2. Back Fish, 3. Hand Hold Balance. .

3. ACROBATIC ELEMENTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Wel - Clear.	1. Shidi 4 Steps, 2. Dislocation /Inlocations, 3. Angasafa - Straight Legged.	1. Grand Circle Clear.

4. CATCHES

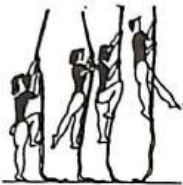
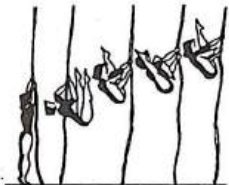
‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Pashimottanasan to SadhiUdi, 2. Upper Cross to SadhiUdi, 3. Side Plank to L / Straddle L..	1. Sadhi Udi to lower Cross & Vice Versa, 2. Clear Free Turn to Wadi, 3. Side Plank Drop to L, 4. Padahastasan Catch.	1. Upper Cross to Lower Cross, 2. Lower Cross Back Fall to Bajrang, 3. Lower Cross to Wadi/ Rickab, 4. Sadhi Udi to Rickab /Bajrang, 5. Wadi to Bajrang & Vice Versa, 6. Turn Bajrang, 7. Wadi to Rickab, 8. Sadhi Udi to Wadi, Lower Cross 9. Clear Free Turn to Rickab, 10. Nidrasan to Rickab, 11. Angsafa Cut Catch, 12. Gurupakad Cut Catch, 13. Nidrasan to Wadi / Bajrang

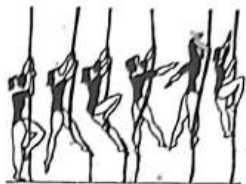
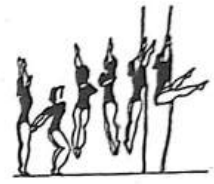
5. DISMOUNTS

‘A’ Class Elements	‘B’ Class Elements	‘C’ Class Elements
1. Mayurphankhi, 2. Sadhi Udi to Dismount, 3. Frog Jump.	1. Mayurphankhi ½ Turn 2. Gurupakad Dismount.	1. Mayurphankhi Full Turn dismount, 2. Lower Cross Back Salto, 3. Straddle Back Salto, 3. 1 Leg / Both Leg Rickab Back Salto / ½ Turn, 4. Bajrang ½ Turn, Front Salto.

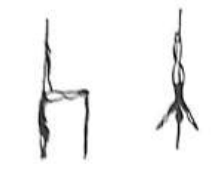
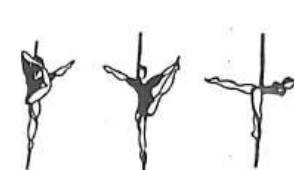
3. Rope Mallakhamb

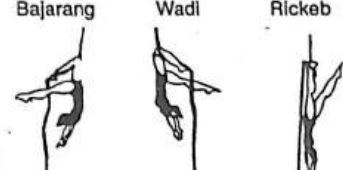
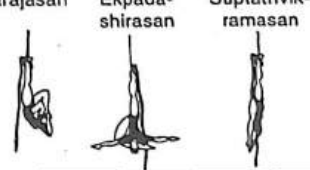
3.1 Mount

A-Class Elements	B- Class Elements	C-Class Elements
Simple Climb 	Free Climb...4 Steps min. ...Leg Position Optional 	
	Shidi Climb...4 Steps min 	

A-Class Elements	B- Class Elements	C-Class Elements
	Vel Climb...One Hand Support 	Front Salto Catch 
Jump & Catch 	Jump to 1/2 Turn Straddle L 	Full Turn Catch 

3.2 HOLD PARTS

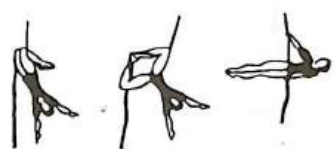
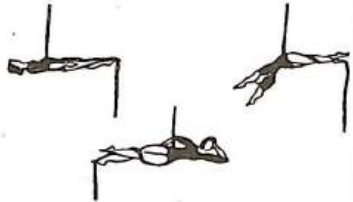
A-Class Elements	B- Class Elements	C-Class Elements
Sadhi Udi (Simple Hold) Shirshasan 	Nishani (Reverse Hold) Dwipadshirasan 	
Lower Cross Upper 	Natarajasan Y-Lever Front Lever 	Galphas  Banned

A-Class Elements	B- Class Elements	C-Class Elements
Paschimottanasan Padahastasan 	Padmasan Ekpadsirasan 	
	Bajarang Wadi Rickeb 	
	Natarajasan Ekpada-shirasan Suptatrivik-ramasan 	Needle Scale 

A-Class Elements

B- Class Elements

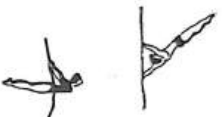
C-Class Elements

Straddle L 	Gurupakad Waghul Udi Side Plank 	
	Shavasan Nidrasan Shayanasan 	

A-Class Elements

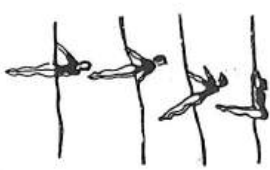
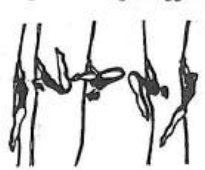
B- Class Elements

C-Class Elements

	Dhanurasan Front Balance 	
	Front Fish 	Back Fish Hand Hold Balance 

3.3 ACROBATIC ELEMENTS

A-Class Elements	B- Class Elements	C-Class Elements
Vel - Clear	Shidi... 4 Steps min	

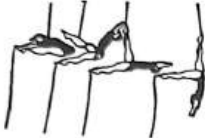
A-Class Elements	B- Class Elements	C-Class Elements
	Dislocations / Inflections 	Grand Circle...Clear 
	Angsafa - Straight Legged 	

3.4 CATCHES

A-Class Elements

B- Class Elements

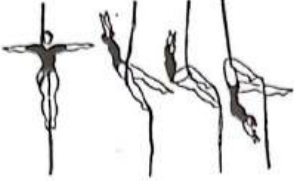
C-Class Elements

Paschimottanasan to Sadhi Udi 	Sadhi Udi to Lower Cross 	Upper Cross to Lower Cross 
Upper Cross to Sadhi Udi 	Lower Cross to Sadhi Udi 	

A-Class Elements

B- Class Elements

C-Class Elements

	Upper Cross to Bajarang 	Lower Cross Back Fall to Bajarang 
		Lower Cross to Wadi 

A-Class Elements

B- Class Elements

C-Class Elements

		Lower Cross to Rikceb 
		Sadhi Udi to Rikceb 
		Sadhi Udi to Bajarang 

A-Class Elements

B- Class Elements

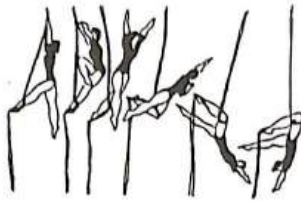
C-Class Elements

		Wadi to Bajarang / Turn Bajarang 
		Sadhi Udi to Wadi Wadi to Rikceb 

A-Class Elements

B- Class Elements

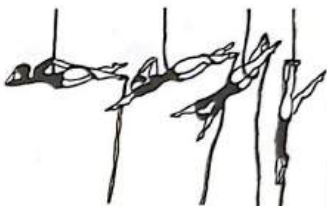
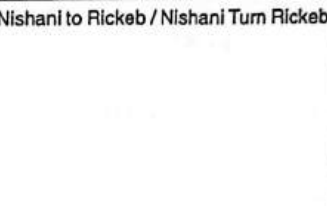
C-Class Elements

		Bajarang to Wadi & Vice Versa 
	Clear Free Turn to Wadi 	Clear Free Turn to Rickeb 

A-Class Elements

B- Class Elements

C-Class Elements

		Nidrasan to Rickeb 
		Nishani to Rickeb / Nishani Turn Rickeb 

A-Class Elements

B- Class Elements

C-Class Elements

Side Plank to L / Straddle L 	Side Plank Drop to L 	Angasafa Cut Catch / Gurupakad Cut Catch 
	Padahastasan Catch 	Nidrasan to Bajarang 
		Nidrasan to Wadi 

3.5 DISMOUNTS

A-Class Elements

B- Class Elements

C-Class Elements

Mayurpankhi 	Mayurpankhi 1/2 Turn 	Mayurpankhi 1/1 Turn 
		Lower Cross Back Salto 

A-Class Elements

B- Class Elements

C-Class Elements

Sadhi Udi to Dismount 		Back Salto 
	Guru Pakad Dismount 	Straddle Back 
		1 Leg / Both Leg Rickeb Back 1/2 Turn 

A-Class Elements

B- Class Elements

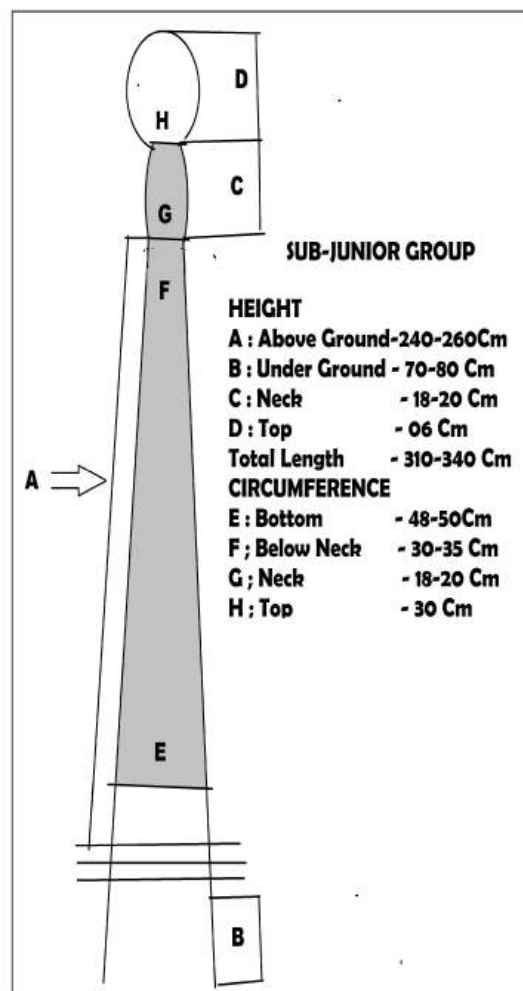
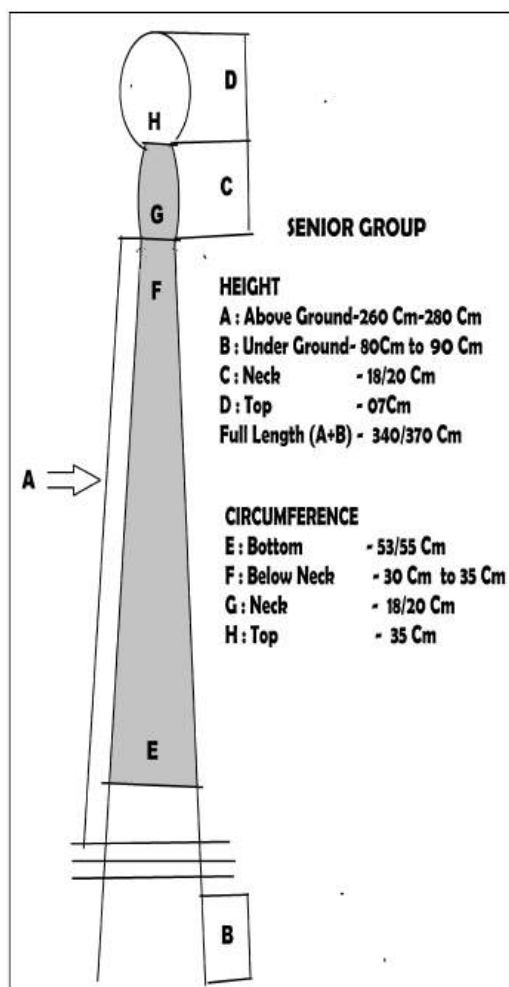
C-Class Elements

		Bajarang Simple Dismount 
		Bajarang Back 
		Bajarang 1/2 Turn Front Salto 

DIMENSIONS OF MALLAKHAMB (MM)

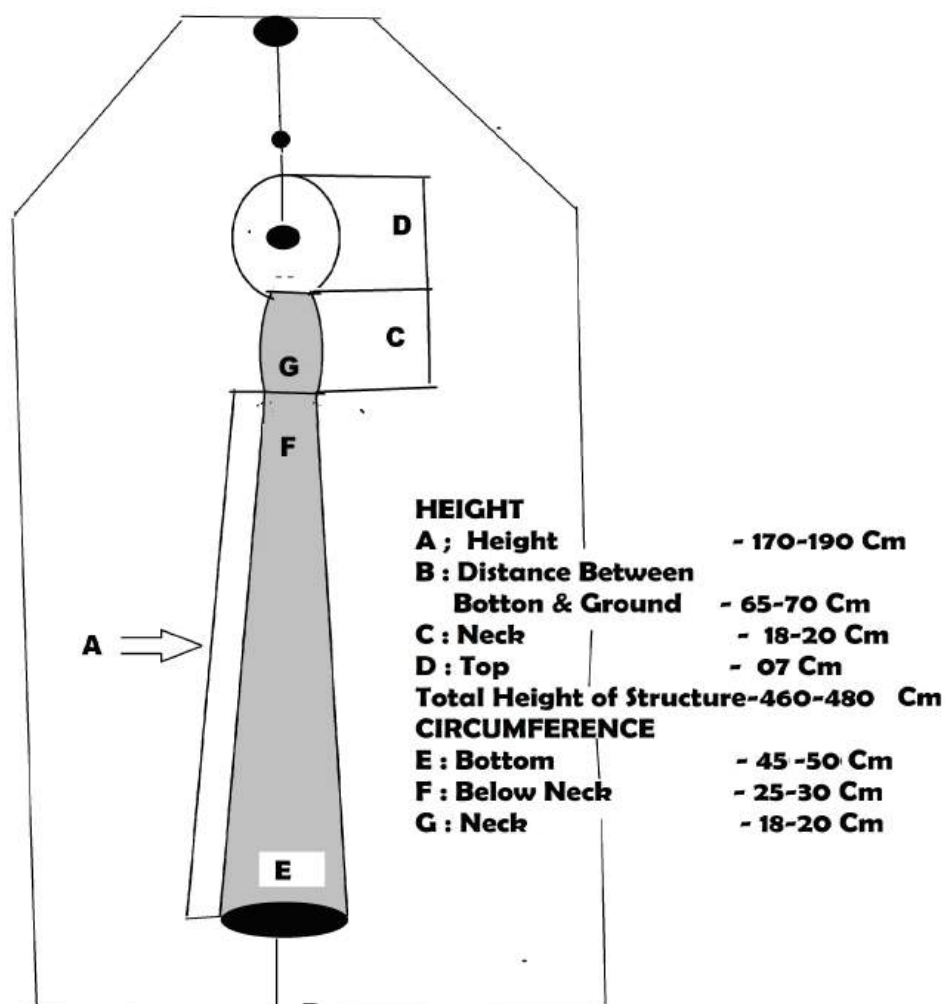
1. POLE MALLAKHAMB (In MM)

S. No.	Height	Senior Group	Sub-Junior Group
1	Above the Ground	2600-2800	2400-2600
2	Under the Ground	800-900	700-800
3	Neck Height	180-200	180-200
4	Top Height	70	60
5	Total Length	3400-3700	3100-3400
6	Bottom Circumference	530-550	480-500
7	Below Neck Circumference	300-350	300-350
8	Neck Circumference	180-200	180-200
9	Top Circumference	350	300



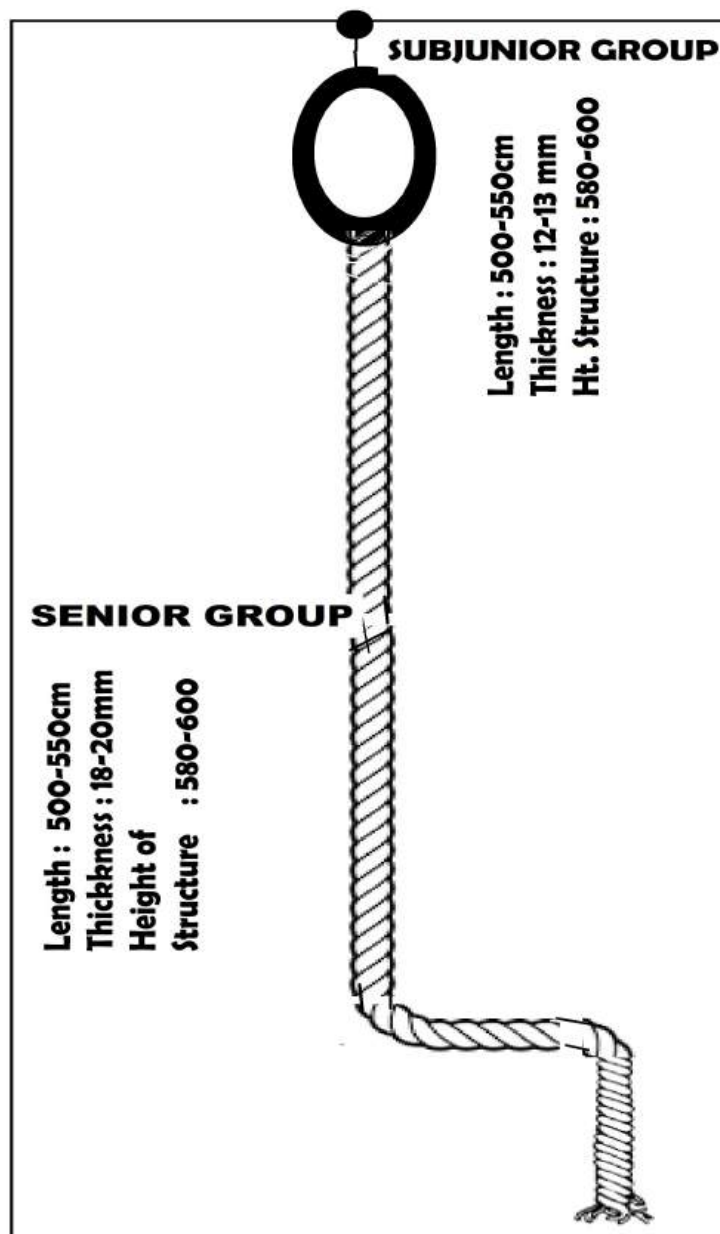
2. HANGING MALLAKHAMB (In MM)

S. No.	Height	Senior Group
1	Height	1700-1900
2	Neck Height	180-200
3	Top Height	70
4	Distance between Bottom and Ground	650-700
5	Height of the Structure	4600-4800
6	Bottom circumference	450-500
7	Neck circumference	180-200
8	Below Neck circumference	250-300
9.	Width of the structure	3600-3800

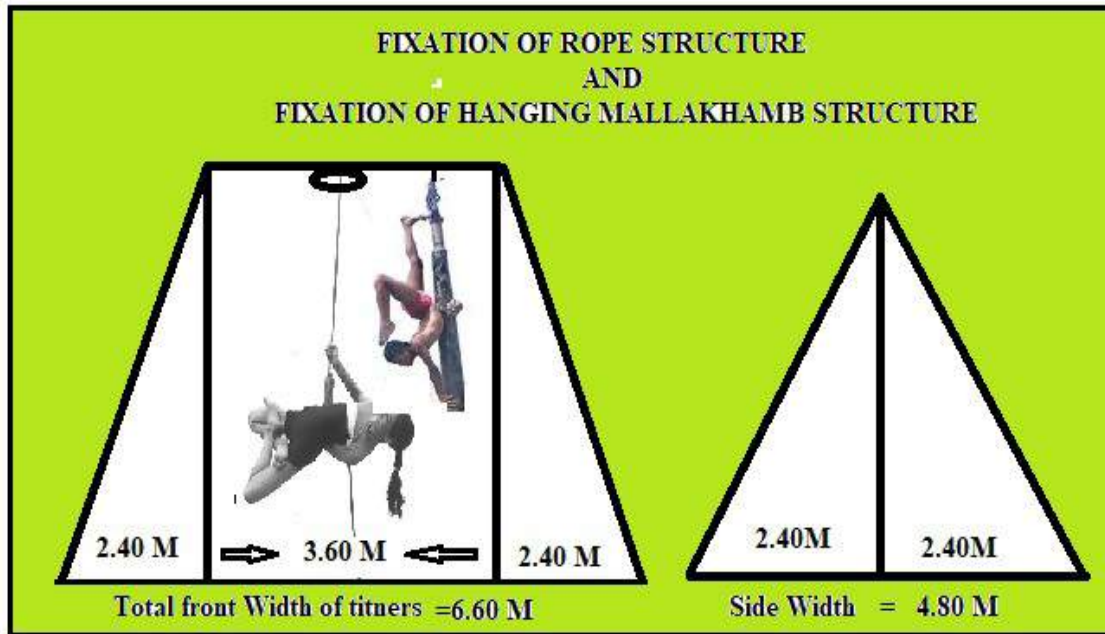


3. ROPE MALLAKHAMB (In MM)

S. No.	Parameters	Senior Group	Sub-Junior Group
1	Total Length	5000-5500	5000-5500
2	Thickness	18-20	12-13
3	Height of the Structure	5800-6000	5800-6000



FIXATION OF STRUCTURE OF ROPE AND HANGING MALLAKHAMB



SECTION 4 -APPENDICES

APPENDIX- “A”

MALLAKHAMB FEDERATION OF INDIA JUDGE’S SCORE SHEET

Competition: (Team Championship), (Apparatus Championship), (All around Individual Championship)

Sex: Male/Female **Age Group:** U/12,U/14/U18, A/18, **Event**.....**Date**.....

Venue

S.No.	Name of Player	Chest No.	Time (Sec)	Point Given	Chief Judge	Judge 1	Judge 2	Judge 3	Judge 4	Average Score	Deduction	Final Score	Rem.
1				BD									
				AD									
2				BD									
				AD									
3				BD									
				AD									
4				BD									
				AD									
5				BD									
				AD									
6				BD									
				AD									

Name

Sign.

Name

Sign.

Chief Judge.....Time Keeper.....

Judge 1..... Scorer.....

Judge 2..... Checked by

Judge 3 Director of Competition.....

Judge 4

APPENDIX-“B”

MALLAKHAMB FEDERATION OF INDIA JUDGE’S SCORE SLIP COMPETITION I

Player’s Name.....Age Group.....

Sex..... State..... Date..... Event.....

Distribution of 10 Marks	Deduction	Awarded Point	Final Score	Remarks
Difficulty (3.80) 4 A-Class Element - (0.80) 6 B-Class Element - (2.40) 1 C-Class Element - (0.60)				
Execution (4.40)				
Combination (1.60)				
Bonus (0.20) O (Originality) 0.20				
Total Elements/Exercise performed				

Judge Name..... Judge No.....Judge Sig.....Date.....

APPENDIX- "C"

MALLAKHAMB FEDERATION OF INDIA

JUDGE'S SCORE SLIP

COMPETITION II & III

Player's Name.....Age Group.....

Sex..... State.....Date.....Event.....

Distribution of 10 Marks	Deduction	Awarded Point	Final Score	Remarks
Difficulty (3.80)				
1 A-Class Element - (0.20)				
6 B-Class Element - (2.40)				
2 C-Class Element - (1.20)				
Execution (4.40)				
Combination (1.60)				
Bonus (0.20)				
O (Originality) 0.20				
Total Elements/Exercise performed				

Judge Name..... Judge No.....Judge Sig.....Date.....

APPENDIX- "D"

MALLAKHAMB FEDERATION OF INDIA

JUDGES SCORE SHEET

Pyramid Competition

Name of state Teams	Chief Judge	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Average Score	Deduction	Final Score

Name

Sign.

Name

Sign.

Chief Judge.....

Time Keeper.....

Judge 1.....

Scorer.....

Judge 2.....

Checked by

Judge 3

Director of Competition.....

Judge 4

Judge 5.....

APPENDIX- "E"

MALLAKHAMB FEDERATION OF INDIA FINAL RESULTS

MEN GROUP

Name of Competition.....Venue.....

State..... From.....to.....Age Group.....

S.NO.	Name of Event	Name of Player	Position	State	Points	Certificate Number
1.	Pole Mallakhamb		First			
			Second			
			Third			
.2	Rope Mallakhamb		First			
			Second			
			Third			
3	Hanging Mallakhamb		First			
			Second			
			Third			
4	Team Championship		First			
			Second			
			Third			

Prepared by- Name Signature.....

Checked By-Name.....Signature.....

Signature of Competition Director.....Signature TCC.....

APPENDIX- "F"

MALLAKHAMB FEDERATION OF INDIA FINAL RESULTS

WOMEN GROUP

Name of Competition.....Venue.....

State..... From.....to.....Age Group.....

S.NO.	Name of Event	Name of Player	Position	State	Points	Certificate Number
1.	Pole Mallakhamb		First			
			Second			
			Third			
.2	Rope Mallakhamb		First			
			Second			
			Third			
4	Team Championship		First			
			Second			
			Third			

Prepared by- Name Signature.....

Checked By-Name.....Signature.....

Signature of Competition Director.....Signature TCC.....

APPENDIX- "G"

MALLAKHAMB FEDERATION OF INDIA ALL ROUND INDIVIDUAL CHAMPIONSHIPS

MEN AGE GROUPS

Name of Competition.....Venue.....

State..... From.....to.....

Name of Players	Age group	State	Pole	Rope	Hanging	Total Points	Position
	U/12				X		First
					X		Second
					X		Third
	U/14				X		First
					X		Second
					X		Third
	U/18						First
							Second
							Third
	A/18						First
							Second
							Third

Prepared by- Name Signature.....

Checked By-Name.....Signature.....

Signature of Competition Director.....Signature TCC.....

APPENDIX- “H”

MALLAKHAMB FEDERATION OF INDIA ALL ROUND INDIVIDUAL CHAMPIONSHIPS

WOMEN AGE GROUPS

Name of Competition.....Venue.....

State.....From.....to.....

Name of Players	Age group	Name of State	Pole	Rope	Total Points	Position
	U/12					First
						Second
						Third
	U/14					First
						Second
						Third
	U/16					First
						Second
						Third
	A/16					First
						Second
						Third

Prepared by- NameSignature.....

Checked By Name..... Signature.....

Signature of Competition Director.....Signature TCC.....