

INTERNATIONAL PYTHIAN COUNCIL (COMPETITIONS, EVENTS & PROGRAMS)



MODERN PYTHIAN GAMES

UNIFYING NATIONS THROUGH ARTS, CULTURE AND TRADITIONAL GAMES

NEW DELHI, INDIA

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Arts, Cultures and Sports are the
inherent powers to unite

-NARENDRA MODI

(Honourable Prime Minister of India)



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Modern Pythian Games

(Unifying Nations Through Arts, Cultures and Traditional Games)

OVERVIEW

The Pythian Games were an integral part of the Panhellenic Games, a collective term for the four distinct sports festivals held in ancient Greece. Among these, the Olympic Games were the oldest, traditionally believed to have begun in 776 B.C. All these games continued until AD 394 when the Roman Emperor Theodosius, a Christian, abolished them as heathen practices. The four Games were:

Games	Deity Honored	Location	Prize	Frequency
Olympic Games	Zeus	Olympia, Elis	Olive wreath (Kotinos)	Every 4 years (marked the start of year 1 of an Olympiad)
Pythian Games	Apollo	Delphi	Laurel wreath	Every 4 years (2 years after the Olympic Games; Olympiad year 3)
Nemean Games	Zeus	Nemea, Corinthia	Wild celery	Every 2 years (year before and after the Olympic Games; Olympiad years 2 and 4)
Isthmian	Poseidon	Isthmia	Pine	Every 2 years (same year as the Nemean Games, different time of year)

According to Greek mythology, the establishment of the Olympic Games was influenced by the Oracle of Delphi (Pythia). Delphi, the birthplace of the ancient Pythian Games, was home to the oracle known for her prophetic abilities. Pythia conveyed concerns to the emperor of Olympia regarding the need to unify the Greek states and restore societal harmony after a devastating pandemic.

The Pythian Games, on the other hand, were said to be established by the god Apollo himself to commemorate his victory over the serpent Python and to celebrate arts, music, and athleticism.

The games were thus instituted not only as a tribute to the gods but also as a means to promote peace and cooperation among the often-warring Greek city-states. This mythical narrative underscores the dual purpose of the games: to celebrate human athleticism and foster unity and reconciliation in a time of crisis.

DELPHI AND PYTHIAN GAMES HISTORY

In ancient times, Delphi was considered the center of the world. It was there that, for almost 1000 years, the Pythian Games took place, a peaceful competition of the arts. Even though Delphi isn't as prominent as it used to be, the fact that it was named a World Cultural Heritage Site by UNESCO in 1987, is a big recognition to the European culture as a whole.

The Pythian Games were one of the four Panhellenic Games of Ancient Greece. They were held in honor of Apollo at his sanctuary at Delphi every four years, two years after the Olympic Games and between each of the Nemean and Isthmian Games. The Pythian Games were founded sometime in the 6th century BC. In legend, they were started by Apollo after he killed Python and set up the oracle at Delphi.



The historical timeframe of the Pythian Games started in 582 BC, when the administration of the Games was handed over to the Delphic Amphictyony, a council of twelve Greek tribes, at the end of the First Sacred War. As of that time, they did not take place every eight years as in the past, but every four years, two years before and after the Olympic Games, presumably at the end of August. The Games lasted for six to eight days and were started by a reenactment of the victory of Apollo over Python. A ritual sacrifice was performed in the Temple of Apollo in a festive and glamorous procession. After four days of festivities, the games began.

During the Pythian Games, the little village Delphi in Greece was a place for the peace, brotherhood and excellence in the sphere of arts, culture and sports. People travelled to Delphi to seek fame and glory and showcase their skills. The games shaped European history in a significant and sustainable way.

Pythian Games and Olympic Games

The Pythian Games were ranked second in importance behind the Olympics. Unlike the Olympics, the Pythian Games also featured competitions for art and dance, which predated the athletic portion of the games, and women were allowed to take part in some events. Victors received a wreath of bay laurel, sacred to Apollo, from the city of Tempe, in Thessaly. Smaller versions of the Pythian Games were celebrated in many other cities of the Levant and Greece. Unfortunately, the testimonials and documents covering the Pythian Games were mainly destroyed through human violence and natural catastrophes. All the remaining resources highlight the glory and glamour of the Games. The Pythian Games were discontinued in 394 AD and have not been revived since.

Although the ancient Olympic Games were held in Olympia, Greece, from 776 B.C., it took 1503 years to return to the first modern Olympic Games, in Athens, Greece. The Ancient Olympic Games were held in Olympia, Greece from the 8th century BC to the 4th century AD, which was then revived in 1894 by the creation of the International Olympic Committee (IOC), leading to the first Modern Olympic Games in Athens in 1896.

Mr. Baron Pierre de Coubertin, a French, resurrected the Olympic Games as the Modern Olympic Games in 1894. He wanted to hold the first modern Olympic Games in Paris in 1900, but representatives from 34 countries were so excited about the idea that they convinced him to hold these games in Athens in 1896. The Olympic Games are normally held every four years and, since 1994, have alternated between the Summer and Winter Olympics every two years during the four-year period.

The Olympics incorporated artistic competitions into the games, which were modelled after the ancient Pythian Games. Individuals from every country participated in music, literature, architecture, and art between 1912 and 1948. The International Olympic Committee (IOC) discontinued such competitions in 1954.

However, there is historical evidence that between 1927 and 1930, poetry and painting competitions were conducted in Delphi, Greece, as part of Delphic festivals. Some of organizations and individuals were inspired by the Pythian Games and held events in modern times with different names, but the Pythian Games have not been revived so far with the original name since they were discontinued in 394 A.D.

Envision of Modern Pythian Games and a Global Creative Economy for All

During the difficult time of the COVID-19 pandemic, Mr. Bijender Goel, the founder of the Modern Pythian Games, witnessed how deeply the lives of artists, performers, creators, and traditional players were affected—especially those living in rural and small-town areas. Events were cancelled, earnings stopped, and our arts, cultures, indigenous games, and millions of talented individuals had no global platform to perform or compete.

This situation deeply touched Mr. Goel's heart. As a visionary cultural leader and political strategist, he felt a strong responsibility to take meaningful action and create a self-sustainable model that could support and empower millions of artists and performers across the world.



Mr. Goel has held the following positions:

- Special Representative (Minister of State status), Government of Jharkhand.
- Adviser to the Union Minister for Labour & Employment, Government of India
- Former Treasurer, Haryana Olympic Association
- Closely associated with Smt. Pratibha Patil, former President of India, during her election campaign
- He is also known for introducing on-site earthquake early warning technology in India.

A Mission for Every Citizen's Right to Participate

Mr. Goel strongly believes that every person should have the right to participate, no matter their background, income, education, physical ability, or where they come from. Talent is everywhere—it only needs a platform.

That's why he designed the Modern Pythian Games to be inclusive, giving space to artists, performers, athletes, and traditional game players from all parts of society. Whether someone lives in a metro city or a remote village, they must have an equal chance to perform, compete, and grow.

Creating Online and Offline Platforms

To reach each and every corner of society, Mr. Goel emphasized building both online and offline systems. These platforms will:

- Reach every home, especially in rural, tribal, and remote areas
- Allow easy registration and participation for those who cannot travel
- Identify and support hidden talent in villages and slums
- Encourage participation of disabled and special needs individuals
- Connect artists and players globally through Pythian Games at various levels.

This model ensures that no one is left behind and that talent is truly respected and rewarded.



The Modern Pythian Games: A Cultural Revolution

Inspired by the ancient Pythian Games of Greece, Mr. Goel created the Modern Pythian Games—a unique international platform that brings together art, culture, traditional sports, and creativity under one umbrella.

These Games are not just about winning medals; they are about:

- Celebrating diversity through competitions
- Building friendships between countries
- Showing the beauty of every nation's culture
- Giving artists and players a stage to earn recognition and income

€1000 Billion Creative Economy

Mr. Goel believes that if the creative and traditional sectors are properly supported, the world can build a €1000+ billion creative economy. His goal is to make art and culture a part of the global economy, where people can earn a living through their skills and passions.

He wants to bring culture and commerce together, and tradition and technology hand in hand, to build a better, more inclusive future for all.

Support System Through National and State Councils

To make this dream a reality, Mr. Goel proposed the creation of Pythian Councils at the national and state level under a franchise/partner-based model. These councils will:

- Support local talent
- Train and mentor new participants
- Create cultural jobs and livelihoods
- Organize regular Pythian Games events
- Connect local artists to global opportunities

Cultural Unity and World Peace

Today's world is facing many challenges—conflict, unemployment, inequality, and emotional isolation. In such a time, the Modern Pythian Games bring a message of hope and unity.

By bringing countries together through cultural expression, the Games become a tool of global diplomacy and peace-building—just like the Olympics do through sports.

A New Global Cultural Movement

Mr. Bijender Goel's bold vision is rewriting the future of art, culture, and traditions. Through the Modern Pythian Games, he is building a global family of creativity, where:

- Everyone gets a chance to participate
- Every talent gets recognition
- Every nation gets respect
- every citizen gets an opportunity to earn and shine

This is not just an event—it is the first cultural movement of the world to create a peaceful, prosperous, and united world through culture, creativity, and inclusion.

Creating Online and Offline Platforms

The journey of the Modern Pythian Games began in New Delhi, India, when the Delphic India Trust, a non-profit organisation, secured the global trademark of “Pythian Games.” Mr. Bijender Goel, the Founder of the Modern Pythian Games, presented this visionary concept at the Delphi Economic Forum in 2022 at Delphi, Greece—the very site where the ancient Pythian Games once flourished.

The idea found global resonance in September 2022, when representatives, artists, and cultural enthusiasts from 92 countries assembled virtually in front of global media and called for the revival of these historic Games.

In December 2023, the dream took tangible form with the successful organisation of the 1st National Pythian Games Festival in India. During the opening ceremony, attended by diplomats from many nations, the Honourable Ministers of Culture and External Affairs, Government of India, officially announced the revival of the Modern Pythian Games.

In 2024, the vision expanded further with the 1st National Cultural Pythian Games held in Panchkula, Haryana, where over 5,000 artists and sportspersons from across the country participated. Now, the Games are set to reach new heights with the 2nd National Cultural Pythian Games 2025, to be held in Bengaluru in November 2025.

A major milestone was the live broadcast of all events on DD Sports, India’s national sports television channel. The contribution of Mr. Jose Charles Martin, Chairman and Managing Director of the Charles Group, will also be remembered for his pivotal role in transforming this vision into a global cultural movement.

Upcoming Global Milestones

The concept has now evolved into an international cultural mission. The International Pythian Council is preparing to organise:

- 1st Pythonova Pythian Games 2025 in New Delhi, India – exclusively for differently-abled artists and sportspersons.
- 1st Youth Pythian Games 2026 in Moscow, Russia – celebrating global youth talent.
- 1st Global Pythian Games – envisioned as the Olympics of Arts, Cultures, and Traditional Indigenous Games.

The Vision Ahead

The Modern Pythian Games seek to unite humanity through creativity, culture, tradition, and peace. They serve as a bridge between the ancient spirit of the Pythian Games and contemporary global culture, fostering harmony, respect, and cultural exchange.

This is just the beginning. The journey will continue—spreading across continents, celebrating the timeless spirit of humanity through arts, traditions, and sports.



VISION OF THE MODERN PYTHIAN GAMES



Introduction

For the first time in history, the Modern Pythian Games have curated and formalised a structured system for diverse artistic, cultural, and indigenous competitions—with their own defined rules and regulations. These guidelines aim to evolve over time, adapting to creative and cultural innovations.

Governance of these rules will rest with the respective affiliated Arts and Games Federations, under the guidance of the International Pythian Council and the Delphic India Trust.

Together, they shall ensure that the Modern Pythian Games remain a dynamic, culturally rich, and globally relevant platform.

1. Open Participation

- Open to all: professionals, students, amateurs, rural and tribal artists, and athletes.
- Age-wise categories: children, youth, adults, and seniors.
- Both individuals and groups may participate as per event-specific rules.

2. Equal Opportunity and Non-Discrimination

- No discrimination based on gender, religion, caste, language, region, or disability.
- Special competition categories will be held for persons with disabilities (divyang and para participants).

3. Local-to-Global Structure

- Talent identification begins at the village, town, city, and district levels.
- Progression to state, national, and international levels is based on performance.
- This structured path ensures inclusive growth and fair representation.

4. Transparent Selection Process

- Selections may be via live auditions, online submissions, or judged performances, depending on the event.
- Selection criteria will be clearly announced before the competition.
- All results will be publicly declared. Grievances can be formally submitted and addressed transparently.

5. Independent Jury and Cultural Experts

- Each event will be judged by an independent jury of cultural experts.
- Jury panels will include members from diverse regions and countries.
- Judging will be unbiased, respectful, and culturally sensitive.
- In subjective artistic competitions, public voting or feedback from top finalists may also be considered.

6. Promotion of Indigenous and Tribal Talent

- Focus on encouraging participation from tribal, folk, and local communities.
- Participants are urged to proudly represent their local culture, dress, instruments, and language.
- Regional support teams may assist in documentation and participation guidance.

7. Use of Technology and Offline Events

- Events will be conducted in both online (digital) and offline (physical) modes.
- Local events may be recorded and used for state, national, or international selection.
- Registration via the official website and mobile app of the Modern Pythian Games.
- Authorized federations, associations, and clubs may also facilitate registration under standard procedures.

8. Free and Fair Competitions

- High entry or registration fees are strictly discouraged.
- If applicable, fees will be nominal and only used for operational costs.
- Zero tolerance towards corruption, bias, or political interference.

The Modern Pythian Games are not merely a competition; they are a cultural renaissance. They honour the legacy of the ancient world while building a platform for the future—one that values diversity, dignity, and dialogue through the universal languages of art, culture, and games.

Eight Arts Categories

The Modern Pythian Games are divided into eight main categories, covering different forms of art, culture, creativity, and traditional practices. These categories are designed to honour both ancient traditions and modern talents from around the world.

1. Musical and Instrumental Arts

This category celebrates music, which is known as the universal language of humanity. Music connects people across cultures and countries.

It includes:

- Vocal music – classical, folk, devotional, contemporary, and experimental
- Instrumental music – both traditional and modern
- Group and solo performances
- Regional, national, and international music styles
- Fusion music and cross-cultural collaborations

2. Performing and Theatre Arts

This category includes all types of stage and performance arts, which reflect human emotions, stories, and traditions.

It includes:

- Classical and modern dance forms
- Theatre, drama, and stage plays
- Mime, mimicry, stand-up acts, and spoken theatre
- Puppetry, clowning, and street performances
- Folk dances and ritual-based cultural performances

3. Visual, Heritage & Artisan Arts

This category is about visual creativity and traditional craftsmanship, which shows the beauty and identity of different cultures.

It includes:

- Painting, drawing, sketching, and sculpture
- Folk, tribal, and miniature art styles
- Calligraphy, graffiti, and wall/mural art
- Textile and fabric-based creative work
- Handicrafts like woodwork, pottery, and metalwork
- Traditional artisan skills passed through generations

4. Language, Literary and Oratory Arts

This category honours the art of words, literature, and public speaking. Language has the power to inspire, express, and connect people.

It includes:

- Poetry – both written and recited
- Storytelling – traditional and modern formats
- Creative writing – fiction, non-fiction, scripts
- Essay, script, drama, and screenplay writing
- Debates, elocution, and public speaking
- Spoken word, prose performance, and slam poetry

5. Social & Cultural Arts

This category shows the creative traditions of daily life and community living. It reflects social bonding, rituals, and cultural celebrations.

It includes:

- Culinary Arts – cooking traditional, regional, and modern dishes; food presentation; storytelling through recipes; cooking competitions
- Rangoli Making – decorative floor art using colours, flowers, or natural items
- Mehndi (Henna) Design – cultural body art for weddings and festivals
- Hair Styling and Grooming – traditional and artistic hair design
- Dress and Costume Design – traditional clothing and creative costume work
- Cultural Games and Traditions – social games and artistic expressions linked to festivals and community life.

6. Architectural & Eco Arts

This category focuses on design, environment, and sustainable living. It connects creativity with nature and responsible development.

It includes:

- Architecture based on tradition and local culture
- Urban and rural space planning
- Eco-friendly and sustainable construction
- Green architecture and zero-waste design
- Landscape design and natural material sculpture
- Environment-based artistic storytelling or displays

7. Robotic and Digital Arts

This category brings together technology and creativity. It focuses on new-age artistic expressions using digital tools.

It includes:

- Digital and AI-based design and illustration
- Animation, CGI, and 3D/VR artwork
- eSports with cultural or artistic themes
- Coding and digital creativity competitions
- Digital storytelling and virtual performances
- Robotic installations in arts, education, or theatre

8. Martial Arts, Adventure, Beach, Aero, eSports & Traditional Games

This is an action-filled category that mixes strength, skill, adventure, and tradition.

It includes:

- Martial Arts – combat forms like Thang ta, Kalaripayattu etc.
- Adventure Sports – trekking, climbing, obstacle games, etc.
- Beach Games – beach wrestling, and other sand-based activities
- Aero Arts – Aero Race, drone shows, and other aerial art forms
- eSports – online gaming with cultural or traditional creative themes
- Traditional Games – indigenous games like Rope Skipping, Mallakhambh



THE LAUNCH:

1ST CULTURAL GAMES OF THE WORLD



Music & Instrumental Arts Competitions (For Online & Offline Events)

International Competitions

a. Traditional Instrumental Contest:

Participants present ethnic instruments from their native cultures.

(Instruments may include: Sitar, Shamisen, Kora, Pan Flute, Bagpipes, Didgeridoo etc.)

b. Classical Instrumental Competition:

Open to trained musicians performing solo or in ensembles in Western or Eastern classical styles.

(Instruments include: Violin, Piano, Cello, Flute, Sarangi, Santoor, etc.)

c. Percussion Group Championship:

Groups or solo percussionists perform rhythm-based acts using a variety of traditional and modern percussion instruments.

d. Hip-Hop & Rap Competition:

Participants showcase original rap performances, freestyle, or spoken word poetry.

India's National Level Competitions

(To be organized across districts, states, zones, and national level)

a. Indian Classical Instrumental Performance Competition (Solo/Group):

Participants perform in Carnatic or Hindustani classical styles using instruments like Veena, Mridangam, Flute, Tabla, Sitar, Sarod, etc.

b. Regional Folk Instrumental Contest:

Each state/region presents its unique folk music instruments and styles—Ravanahatha (Rajasthan), Pepa (Assam), Pung (Manipur), Nadaswaram (Tamil Nadu), etc.

c. National Percussion Championship (Desi Beats):

Solo or group competitions featuring traditional Indian percussion instruments like Tabla, Mridangam, Dhol, Dholak, Pakhawaj, etc.

d. Indian Folk & Devotional Singing:

Solo or group singing in traditional bhajans, qawwalis, Sufi, baul, or lok geet styles.

Performing and Theatre Arts Competitions (Online and Offline Mode)

1. Classical Dance (Solo/Group):

A showcase of traditional dance forms rooted in cultural heritage—like Bharatanatyam, Kathak, Odyssey, or global classical styles such as Ballet.

2. Folk & Tribal Dance (Solo/Group):

Performances representing regional traditions and customs through vibrant music and movement—e.g., Garba, Bihu, African tribal, etc.

3. Contemporary Dance:

Free-form and modern dance expressions emphasizing creativity, fluidity, and emotion. Often theme-based and expressive.

4. Street & Urban Dance:

Energetic and freestyle performances including hip-hop, breakdance, popping, locking, and fusion of urban styles.

5. Cultural Fusion Dance:

An innovative blend of two or more dance traditions or genres, promoting cross-cultural creativity and experimentation.

6. Duet Dance Challenge:

Partner-based performances judged on chemistry, synchronization, and coordination.

7. Ethnic Fashion Runway:

Participants display traditional or ethnic attire from their region or country. Judged on presentation, authenticity, and confidence.

8. Sustainable Fashion Contest:

Promotes eco-friendly, upcycled, or recycled fashion with innovation in design and awareness of environmental impact.

9. Cultural Art Walk Contest:

A creative competition where designers present bold, experimental, and unconventional outfits reflecting art and culture.

10.Cosplay Parade Contest:

Participants dress up as iconic characters from mythology, culture, or history with theatrical flair and detailed costume work.

11.Traditional Textile Art Contest:

Display and narration of garments made using traditional weaving, dyeing, or embroidery techniques from any region.

12.Solo Acting (Monologue Performance):

Participants deliver a solo performance, portraying one or more characters through monologue or dramatic expression. Themes may range from classical scripts to contemporary narratives.

13.Group Drama (Theatrical Performance):

Theatre groups perform short dramatic acts or excerpts from plays, integrating dialogue, movement, and stagecraft. Emphasis on creativity, ensemble coordination, and storytelling.

14.Street Theatre (Nukkad Natak):

A socially relevant and impactful group performance conducted in an open setting. Encourages messages on social issues through dramatization, music, and minimal props.

15.Mime Performance:

Solo or duo participants perform a silent act, relying purely on expressions, gestures, and movement to convey a story or message. Creativity and clarity are key judging parameters.

16.Stand-up Comedy:

Individual performers present humorous acts using satire, wit, and storytelling. Original content and clean humor are appreciated, with time limits for each set.

17.Puppetry Arts:

Traditional or contemporary puppet performances, using string, glove, shadow, or rod puppets. Focus is on storytelling, craftsmanship, and cultural representation.

18.Storytelling (Oral Narrative):

Participants narrate original or traditional stories with voice modulation, facial expressions, and audience engagement. Both folk and modern storytelling.

Visual, Heritage and Artisan Arts (Online and Offline Mode)

1.Painting Contest

Celebrate artistic expression across cultures with paintings in various mediums — oil, watercolor, acrylic, and mixed media. Participants showcase creativity, technical skill, and cultural themes.

2.Digital Art Contest

A contest for digital artists to present innovative illustrations, concept art, and digital paintings reflecting modern narratives or cultural heritage.

3.Photography Contest

Capture moments that tell stories — cultural traditions, landscapes, people, and life. Entries can be single photos or photo series emphasizing visual impact and narrative.

4.Sculpture & 3D Art Contest

Contest for artists to create three-dimensional works using traditional or modern materials, exploring form, texture, and space.

5.Script & Style Competition

A contest that Celebrates the beauty of written language through hand lettering and type design, bridging traditional scripts and contemporary styles.

6.Street Art Contest

This contest encourages vibrant, large-scale artworks that reflect social messages, cultural identity, or community stories in public spaces or digital submissions.

7.Traditional Textile & Weaving contest

Showcases heritage textiles and weaving techniques, emphasizing craftsmanship, sustainability, and cultural narratives.

8.Handicraft & Folk-Art Competition

A contest to highlights indigenous crafts — pottery, beadwork, wood carving, metal crafts — preserving and innovating folk traditions.

9.Jewellery Design Contest

Combines artistry and craftsmanship to create culturally inspired jewelry using precious metals, stones, and traditional techniques.

10.Sustainable Craft Innovation Contest

Encourages artisans to design eco-friendly crafts using recycled or natural materials, blending tradition with environmental consciousness.

11.Clay & Pottery Contest:

Celebrates the art of shaping clay into functional and artistic objects, embracing traditional and modern styles.

12.Traditional Embroidery Contest

Focuses on textile decoration techniques like tie-dye, batik, bandhani, and intricate embroidery styles from various cultures.

13.Live Arts Contest

Host live art battles where artists compete in real-time to create artworks based on given themes or prompts. These high-energy events not only showcase artistic skills but also entertain and engage audiences.



Lanaguage, Litraray and Oroatry Art (Online and Offline Mode)

1.Poetry Recital Contest:

Celebrates the beauty of spoken poetry by inviting participants to recite original or classical poems in any language, emphasizing emotion, pronunciation, and performance.

2.Literary Quiz World Cup:

A global-level quiz for individuals and teams testing knowledge of world literature, authors, literary devices, classic texts, and multilingual idioms.

3.Creative Writing Competition:

A contest for fiction and non-fiction writers to express cultural, social, or personal themes through short stories, essays, and prose. Categories for youth, adult, and professional writers.

4.Public Speaking Contest:

Tests clarity, persuasion, and confidence in speech. Participants deliver prepared and impromptu speeches on global themes, cultural values, or contemporary issues.

5.Debate Champions Contest:

Engages participants in formal debate formats (Oxford/Asian Parliamentary) on global topics like climate change, ethics, AI, and cultural identity. Teams from schools, colleges, and nations compete.

6.Essay Writing Contest:

Encourages critical thinking and well-reasoned argumentation on global issues like sustainability, peace, youth leadership, and cultural harmony. Judged on content, structure, and originality.

7.Slam Poetry Competition:

A high-energy platform for modern poets and performers to express identity, activism, and culture through rhythmic, free-form spoken word.

Robotic, Virtual, and Digital Arts (Online and offline Mode)

1.Line Tracing Robot Contest:

Participants build robots that follow a marked line from start to finish, testing sensor accuracy and control.

2.Robot Maze Runner Contest:

Design a robot that can independently navigate through a basic maze using logic and path-planning skills.

3.Creative Robot Design Contest:

Showcase a robot (real or model) with an innovative function like cleaning, teaching, or assisting the elderly.

4.Rescue Mission Bot Contest:

Program a robot to perform a simulated rescue operation, highlighting real-life emergency applications.

5.Mini Battle Bots Contest (Non-Destructive):

Compete by designing safe, non-destructive bots that push each other out of a ring using strategy and control.

6.Digital Poster Design Contest:

Create a digital poster on themes such as peace, nature, or global unity using any design software or app.

7.Animated Story Clip Making Contest:

Make a 1–2 minute animated video based on mythology, folk tales, or moral stories using animation tools.

8.Pixel Art Design Contest:

Design artwork using pixel-based blocks or grids, merging traditional aesthetics with digital formats.

9.Concept Design Art Contest:

Submit an art or video concept showing how Augmented Reality (AR) can revive cultural heritage and monuments.

10.Digital Collage Making Contest:

Design a digital collage on the theme “Culture Through Time,” blending elements from past and present.

11.Reel Making Contest:

Create a short cultural reel (30–90 seconds) themed “My Culture, My Pride” to showcase identity and tradition.

12.Graphic Designing Contest:

Design creative posters, logos, advertisements, or brand visuals using graphic design software or tools.

13.Web Designing Contest:

Build or redesign a website prototype using HTML, CSS, or similar tools, focusing on design and user experience.

Cultural and Social Arts (Online and offline mode)

1.Cultural Queens Contest:

A joyful platform for women to show any talent—singing, dancing, art, storytelling, mimicry, or anything else they love.

2.Traditional Cooking Contest:

Cook a special dish from your culture or family tradition. Share its name, taste, and the story behind it.

3.Handmade Crafts Contest:

Show your handmade work like embroidery, knitting, wall hangings, or home decor items. Celebrate our traditional skills.

4.Mother–Daughter Dance Contest:

A fun dance contest for mother-daughter duos. You can perform in any traditional or creative dance style.

5.Voice for a Cause Contest:

Present a short play or act on real-life topics like women’s rights, education, or social unity. Spread awareness with creativity.

6.Saree & Traditional Dress Walk:

Walk the ramp in your beautiful cultural dress or saree and share the story or meaning behind it.

7.Mehndi (Henna) Design Contest:

Make artistic mehndi designs—traditional, bridal, or themed—and show your creativity with natural beauty.

8.Rangoli Art Contest:

Make colourful rangoli using traditional or natural materials. Themes can include festivals, harmony, or nature.

9.Photo Story Contest:

Share a group of photos that tell a story about life, culture, emotions, or daily moments from your eyes.

10.My Culture, My Story Contest:

Tell a special story from your family, village, or culture. Speak proudly about what makes your roots meaningful.

11.Decorated Thali Contest:

Design a pooja thali or festive plate using traditional items like flowers, diya, haldi, rice, etc.

12.Hairstyle & Braid Art Contest:

Showcase traditional or artistic braids and hairstyles, decorated with flowers or accessories that express beauty and culture.

13.Traditional Games / Rituals Revival Contest:

Share and play forgotten childhood games or small family rituals that connect us to our past.

14."If I Were Prime Minister" – Your Voice, Your Vision, Your Nation:

Imagine being the Prime Minister. Share your ideas for India's growth—social, cultural, economic, and environmental.

15.Pythian Cultural Quiz:

Test your knowledge of Indian and world art, culture, literature, mythology, crafts, and festivals. Celebrate your love for tradition and creativity.

Architectonics and Eco Arts Contests (Online and offline Mode)

1.Dream City Design Contest:

Design your own future city with smart planning, green buildings, and open spaces for everyone.

2.Heritage Restoration Contest:

Share creative ideas to restore and reuse old buildings while keeping their history alive.

3.Tiny House Architecture Contest:

Design a small but comfortable home that fits in limited space and uses smart interior planning.

4.Eco-Architecture Design Contest:

Create a building that uses renewable energy, eco-friendly materials, and supports a clean environment.

5.Monument for Peace Design Contest:

Design a beautiful monument that spreads the message of peace, unity, and world harmony.

6.Floating Architecture Contest:

Imagine and design a house or structure that can float on water and face rising sea levels.

7.Campus of the Future Design Contest:

Reimagine how future schools or colleges will look with modern learning spaces and technology.

8.Cultural Pavilion Design Contest:

Design a small structure or pavilion that proudly shows your culture through symbols and styles.

9.Public Park & Urban Green space Design:

Plan a city park that brings nature closer to people and gives space for community activities.

10.Vertical Farming Building Contest:

Design a tall building that grows food on every floor and supports urban farming in cities.

11.Green Innovation Contest:

Share a new eco-friendly idea or product that can save water, reduce waste, or protect nature.

12.Plant-a-Tree Photography Contest:

Take a photo of a tree you planted or a unique tree near you, and write a small note about its value.

13.Best Out of Waste Art Contest:

Make useful or decorative items from old or waste materials to show the power of recycling.

14.Green Quiz Contest:

Take part in a fun quiz based on nature, pollution, energy, and environment, in teams or solo.

15.Wildlife Art Contest:

Create a drawing, painting, or digital artwork of an endangered animal or habitat to spread awareness.

16.Cleanest Neighbourhood Contest:

Communities or schools compete to clean and green their areas and show results with before-after reports.

Martial Arts and Traditional Games (Online and Offline Mode)

1. **Yoga Sports** – Do yoga poses with control and balance. Judged like a sport.
2. **Indiaca** – Hit a soft shuttlecock with your hand over a net, like volleyball.
3. **Musical Chairs** – Walk around chairs. Sit quickly when music stops.
4. **Kabaddi** – Tag players while holding your breath. A strong Indian game.
5. **Rope Skipping** – Jumping over a rope. Great for fitness and speed
6. **Pole Climbing** – Climb a tall pole as fast as you can.
7. **Dangal (Mud Wrestling)** – Two players wrestle in mud.
8. **Shooting Ball** – Like volleyball, but with a leather ball and 7 players.
9. **Tenni Koit** – Throw a rubber ring over a net and aim for the right spot.
10. **Ball Badminton** – Indian racket game played with a wool ball.
11. **Arm Wrestling** – Two people try to press the other's hand down.
12. **Bodybuilding** – Show strong muscles and perfect body shape.
13. **Hula Hoop Games** – Spin hoops on your waist, arms, or legs.
14. **Sack Race** – Jump with legs inside a sack to the finish line.
15. **One-Leg Race** – Hop on one leg and reach the finish line first.
16. **Barefoot Race** – Run without shoes. Connect with nature.
17. **Roller Hockey** – Play hockey while wearing roller skates.
18. **Roller Skating** – Skate on smooth surfaces with wheels.
19. **Pythian Marathon** – A big race starting from 3.5 km to 42 km.
20. **Tug of War** – Two teams pull a rope. The stronger team wins.
21. **50-Ball Cricket** – Cricket match with only 50 balls per team.
22. **Soft Ball Cricket** – Cricket with a soft ball. Safe and fun for all.
23. **Mallakhamb** – Do poses on a pole or rope. Builds strength and focus.
24. **Lagori** – Hit stacked stones with a ball and rebuild before getting hit.
25. **Kite Flying** – Fly colourful kites high in the sky during festivals.
26. **Fun Games** – Play easy and fun games like lemon spoon, races, etc.
27. **Hammer Ball**
28. **Tennis Volleyball**

Traditional Martial Arts

1. **Gada Yudh (India)** – Fight with a mace, shows great strength.
2. **Kalaripayattu (Kerala)** – Ancient martial art using weapons & healing.
3. **Silambam (Tamil Nadu)** – Fast fighting with bamboo sticks.
4. **Thang-Ta (Manipur)** – Use sword and spear in rhythmic moves.
5. **Malla Yuddha** – Old Indian wrestling using grappling and strength.
6. **Gatka (Punjab)** – Sikh martial art using sticks and swords.
7. **Musti Yuddha** – Indian style bare-hand boxing.
8. **Muay Thai (Thailand)** – Fight using hands, feet, elbows, and knees.
9. **Taekwondo (Korea)** – Martial art with high kicks and moves.
10. **Capoeira (Brazil)** – Dance and fight together in one art form.
11. **Savate (France)** – French kickboxing with style.
12. **Sambo (Russia)** – A mix of judo and wrestling.
13. **Bagatur (Cambodia)** – Animal-style martial art.
14. **Karate (Japan)** – Self-defense with punches, blocks, and forms.
15. **Kung Fu / Wushu (China)** – Chinese martial arts with power and flow.

Water Sports

1. **Kiteboarding** – Surf on water with the help of a flying kite.
2. **Dragon Boat Racing** – Teams paddle big boats with drums.
3. **Open Water Swimming** – Swim in rivers, lakes, or seas.
4. **Rafting** – Team rides in boats through river rapids.

Air Sports

1. **Paragliding** – Fly in the air with a soft glider.
2. **Hang Gliding** – Fly by hanging from a flying frame.
3. **Skydiving** – Jump from a plane and open a parachute.
4. **Paramotoring** – Fly with a motor-powered glider
5. **Aero Race** – Race with flying aircraft.
6. **Hot Air Ballooning** – Ride in colourful balloons in the sky.

Professional Leagues:

- **Gada Yudh Utsav** – Mace fighting competition
- **Kushti Mahotsav** – Traditional Indian wrestling event
- **Combat Arts Mahotsav** – Indian martial weapons show

Adventure Sports

1. **Rock Climbing** – Climb up big rocks with your hands and legs.
2. **Mountain Biking** – Ride cycles on hills and rough roads.
3. **Trekking** – Walk through hills, forests, and beautiful nature.
4. **Mountaineering** – Climb big mountains with special gear.

Motor Racing Events

1. **Motorcycle Racing** – Ride bikes at high speed on race tracks.
2. **Rally Racing** – Car race on rough roads and forests.
3. **Cycle Pedal Race** – Ride cycles fast and win the race.
4. **Chariot Race** – Ancient-style horse cart racing.

Board Games

1. **Chess** – Use your brain to defeat the king and win.
2. **Snake & Ladder** – Roll dice, climb ladders, and avoid snakes.
3. **Ludo** – Race your four tokens home using dice.
4. **Carrom** – Flick coins into pockets on a wooden board.

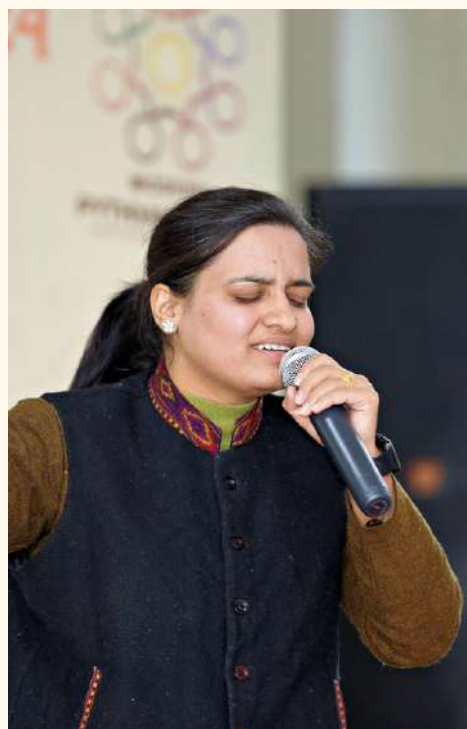
Beach Games

1. **Beach Volleyball** – Hit a ball over a net on soft sand.
2. **Surfing** – Ride big waves on a board in the sea.
3. **Sandcastle Building** – Build shapes and castles with sand.
4. **Beach Frisbee** – Throw and catch a flying disc on the beach.
5. **Beach Tennis** – Play tennis on sand with soft balls.
6. **Beach Cricket** – Fun version of cricket on the beach.
7. **Beach Rugby** – Play rugby on soft sand with fewer players.
8. **Beach Soccer Tennis** – A mix of football and tennis on sand.

THROUGH THE LENS PYTHIAN GAMES GALLERY









RULES AND REGULATIONS

FOR VARIOUS CULTURAL GAMES



Introduction

SPECIAL NOTE : Para and Disabled Artist Categories

The Modern Pythian Games are committed to fostering an inclusive, accessible, and equitable cultural platform. In alignment with this vision, we have the intention to provide representation to para and disabled artists and players across all cultural games and events under the Modern Pythian Games.

Wherever possible, dedicated categories or inclusive formats are created to recognise and celebrate the unique talents and artistic expressions of participants with disabilities.

Separate categories are available for participants with the following conditions:

- Visually Impaired
- Hearing/Speech Impaired
- Physically Disabled / Orthopaedically Challenged
- Neurodivergent or Developmental Conditions
- Performances in these categories will be judged with due consideration to adaptive styles, accessibility, and expressive merit.
- Assistive devices or adapted instruments may be used as required.
- Accompaniment support, whether live or technologically adapted, is permitted according to the artist's needs.

⚠ Please Note:

While our mission is to promote full inclusion, the eligibility criteria, availability of disabled categories, and specific terms and conditions may vary for each event. Participants are requested to review individual event rules to confirm whether the competition is open to para and disabled categories.

The Pythian platform salutes the courage, creativity, and contributions of these artists. Their participation reinforces the belief that art transcends all boundaries, including physical, sensory, and cognitive.

Musical, Vocal and Instrumental Arts Competitions

(Online & Offline Modes)

1. Historical Background and Vision

Vocal music has been an intrinsic part of human civilisation, serving as a medium for storytelling, worship, emotion, and cultural identity. From the Vedic chants of India to the spirituals of Africa and the operas of Europe, vocal traditions are a universal language of expression.

The Modern Pythian Games are rooted in the ancient Greek legacy of the original Pythian Games, where music and art stood equal to athletics. Revived in the 21st century, these Games aim to create a global, inclusive, and democratic platform for traditional, classical, and emerging cultural expressions.

The vocal music competition under these Games seeks to promote diverse vocal traditions, encourage youth participation, and preserve intangible cultural heritage through ethical and artistic excellence.

2. International Terminologies and Global Reach

Vocal traditions are practiced globally under different names. While names may vary, their purpose remains culturally enriching:

- India: Hindustani, Carnatic, Bhajan, Sufi, Baul, Kajri, Maand, Lok Geet
- Russia & CIS: Народная песня (Narodnaya Pesnya – Folk Song), Романс (Romance), Хоровое пение (Choral Singing)
- Europe: Opera (Italy), Lied (Germany), Chanson (France), Flamenco Cante (Spain), Balkan Vocal
- Asia: Gagaku (Japan), Pansori (Korea), Tuvan throat singing (Mongolia, Russia)
- Africa: Zulu traditional vocals, Yoruba chants, Gnawa (North Africa)
- America: Gospel, Country, Native American chants, Jazz vocals
- Middle East: Maqam singing, Arabic Nasheed

Vocal traditions are actively practiced in over 100 countries, making this competition a truly global celebration.

3. Accepted Vocal Styles

Participants may perform in the following genres:

- Indian Classical: Carnatic, Hindustani (Khayal, Thumri, Dhrupad, etc.)
- Folk and Tribal: Baul, Sufi, Maand, Tamang Selo, Sopana Sangeetham, Lok Geet, etc.
- Devotional: Bhajan, Kirtan, Shabad, Sohar
- Global Traditional: Balkan, Nordic, Tuvan, African chants, Opera, etc.
- Fusion & Semi-Classical: Bollywood, light music, experimental blends (subject to approval)

All performances must maintain cultural respect and originality.

4. Age Categories

- Sub-Junior: 6 to 10 years
- Junior: 11 to 17 years
- Senior: 18 to 30 years
- Open: 31 years and above
- (Solo and Group entries are allowed in all age categories)

5. Competition Format

Round 1 – Preliminary (Online):

Participants submit video recordings via the official platform. Jury will shortlist the top 20 in each category.

Round 2 – Final (Offline):

Finalists perform live at a designated Pythian Games venue. Winners receive Gold, Silver, and Bronze medals.

6. Eligibility Criteria

- For national or state level events: Participants must be citizens or residents of the country for at least one year.
- For international events: Open to global participants.
- Valid age and ID proof is mandatory.
- Consent form signed by a parent/guardian is required for minors.
- Please read the eligibility carefully for each category before registering.

7. Registration Process

1. Register online (solo and group categories require separate entries).
2. Upload valid ID and age proof.
3. Pay registration fee (if applicable).
4. Submit video entries following format and deadline.
5. Confirmation will include a unique registration number.
6. Finalists must self-arrange travel and report at the venue for the live round.

8. Rules & Regulations

1. Songs must be original or traditional (no plagiarism).
2. Classical and folk forms must maintain authenticity.
3. Maximum duration: 5 mins (prelims), 7 mins (finals).
4. No karaoke/backing tracks in final round; up to 5 live accompanists allowed.
5. Traditional attire is encouraged.
6. Video must be recorded specifically for this competition.
7. Group size: 3 to 12 participants.
8. No substitutions allowed post-prelims (max 2 in groups if pre-approved).
9. Jury/organisers may interrupt any act violating rules.
10. All props/instruments are participant's responsibility.
11. Organisers may use content for promotion/documentation.
12. Questions may be asked by the jury post-performance.

9. Jury Format

- 3 to 5 members per round
- Preliminary Jury: Academics, vocal teachers, regional experts
- Final Jury: National/international award-winning artists
- Jury ensures cultural and genre-specific representation
- Conflict of interest must be declared
- All decisions are final and binding

10. Judging Criteria (Total: 65 Marks)

- Technique (20): Clarity, voice control, raga/melody execution
- Presentation (20): Stage presence, coordination, attire, instrumentation
- Expression (10): Emotional delivery, meaning, connection
- Knowledge (10): Genre understanding, cultural context
- Bonus (5): Creativity, uniqueness, exceptional impact

In the event of a tie, jury deliberation will decide the final winners.

11. Disqualification Grounds

- Late submissions
- Copyright infringement or plagiarism
- Use of karaoke in finals
- Inappropriate content or behaviour
- False information or impersonation
- Time limit exceeded by 30 seconds
- Misconduct toward jury/organisers

12. Safety and Legal Notes

- Consent and liability forms are mandatory
- Onsite safety (medical/CCTV) provided for offline events
- Organisers are not liable for loss of belongings
- Jury decisions are not subject to appeal

13. Recognition and Rewards

- Certificates for all registered participants
- Medals and merit certificates for winners
- Top acts featured on Pythian digital media
- Opportunities for performance at future Pythian events
- Select performers may receive mentorship and promotion

Dance Competitions

1. Introduction and Historical Background

Dance is among the oldest and most profound forms of human expression. Across civilizations, it has been used to celebrate victories, narrate epics, conduct rituals, and convey deep emotions. In ancient Greece, dance held a prestigious role in Pythian celebrations, honoring Apollo through rhythm and movement.

The Modern Pythian Games revive this heritage by recognising dance as a cultural competition—equal in importance to music, poetry, and traditional sports. These Games aim to bring dancers from across the world onto one global platform, promoting peace, unity, and respect for cultural diversity.

2. Vision of the Modern Pythian Games (Dance)

To position dance as a global cultural game, accessible both online and offline, and celebrate the richness of global traditions, creativity, and heritage. The vision is to:

- Foster international peace and friendship through artistic exchange.
- Preserve traditional dance forms while encouraging innovation within cultural boundaries.
- Create a democratic platform for identifying and nurturing dance talent worldwide.

3. Dance Categories

Accepted Styles

Participants may perform in any of the following broad categories:

1. Indian Classical Dances

Bharatanatyam, Kathak, Odissi, Kuchipudi, Mohiniattam, Kathakali, Sattriya, Manipuri

2. Indian Folk Dances

Bhangra, Giddha, Garba, Dandiya, Ghoomar, Lavani, Ottanthullal, Bihu, Dollu Kunitha, Chhau, Karagam and others.

3. Tribal and Indigenous Dances

Santhal, Sambalpuri, Nagamese, Garo, Khasi, Kalbeliya, and regionally documented tribal forms.

4. International Traditional & Cultural Dances

Ballet, Salsa, Tango, Hip-hop, Jazz, Flamenco, Waltz, Cha-cha, Bachata, Irish Step, Hula, Greek Zorba, Filipino folk, Thai classical, Russian folk dances such as Barynya, Khorovod, Kalinka, Troika.

5. Permitted Additional Forms

Contemporary, fusion, semi-classical, and stylized original creations—subject to prior approval.

4. Global Names and Reach of Dance Forms

Many dance forms are globally recognised under different names and adapted into local traditions. For example:

- Ballet: Practised globally with Russian variations like Vaganova and French-Italian forms.
- Bhangra: Popular across India, Pakistan, UK, Canada, USA.
- Salsa and Bachata: Widely performed across Latin America, USA, Europe, and Asia.
- Hip-hop: Globally present in urban youth cultures in over 100 countries.
- Russian Folk Dances: Known as Barynya, Kalinka, Troika in Russia, and influence traditional performances in Eastern European nations.
- Greek Zorba: Performed across Greece and Greek communities worldwide.

It is estimated that structured traditional and cultural dance forms are actively practised in over 120 countries.

5. Competition Format

a. Categories

Both Solo and Group formats will be conducted in the following age divisions:

- Sub-Junior: 6 to 10 years
- Junior: 11 to 17 years
- Senior: 18 to 30 years
- Open: 31 years and above

b. Rounds

- Preliminary Round (Online): Recorded video submission
- Final Round (Offline): Live stage performance for shortlisted participants

Top 20 entries from each category proceed to the finals. Winners are awarded Gold, Silver, and Bronze medals.

6. Eligibility Criteria

- For national or state events: participants must be citizens or residents of the country for at least one year.
- For international events: open to global participants.
- Valid age and ID proof is mandatory.
- For minors, consent from a parent or guardian is required.
- Kindly read the eligibility criteria for each event carefully.

7. Registration Process

1. Register online with personal and performance details.
2. Upload valid ID and age proof.
3. Pay the registration fee (non-refundable).
4. Receive a unique registration number.
5. Submit the video as per technical guidelines.
6. Await official confirmation of qualification.
7. Finalists must attend the live round at their own travel cost.

8. Rules and Regulations

1. Only authentic traditional styles are accepted under cultural/traditional categories.
2. Group entries: 3 to 12 dancers.
3. Live musicians, if used, must be arranged by the participants (max 5).
4. Video duration: up to 7 minutes; Stage performance: up to 10 minutes.
5. Participants must own or have legal rights for music, costumes, choreography.
6. A brief performance introduction may be required in the final round.
7. Group entries may change a maximum of 2 members (with prior notice).
8. Organisers reserve the right to stop or disqualify performances for rule violations.
9. Participants must handle their own props.
10. Performances may be recorded or photographed for promotional use.

9. Jury Panel Structure

- Preliminary Round: Cultural experts, senior dancers, educators.
- Final Round: Eminent national and international dance practitioners.
- Jurors will be selected for regional and stylistic balance.
- All jury members must declare any conflict of interest.
- Jury decisions are final and binding.

10. Judging Criteria (Total: 65 Marks)

- Technique – 20 Marks: Precision, posture, authenticity of style
- Presentation – 20 Marks: Costume, choreography, coordination
- Expressions – 10 Marks: Facial expressions, storytelling, emotive quality
- Knowledge – 10 Marks: Understanding of tradition, theme, or concept
- Bonus – 5 Marks: Awarded for exceptional creativity, originality, or audience impact

In case of tie, the jury will deliberate based on performance impact.

11. Grounds for Disqualification

- Late video submission or incomplete registration
- Use of plagiarised choreography or copyrighted music
- Inappropriate content or costumes
- Exceeding time limit by over 30 seconds
- Misrepresentation of identity, age, or group composition
- Misconduct or disputes with jury/organizers

12. Safety and Legal Guidelines

- Participants must sign a liability waiver and submit emergency contact details.
- Venues will have basic medical and security arrangements.
- Participants are responsible for personal belongings and logistics.
- The jury's verdict cannot be contested in any forum.

13. Recognition and Opportunities

- All participants receive digital participation certificates.
- Top 3 in each category receive medals and merit certificates.
- Finalists may be featured in digital media, cultural showcases, and global talent promotions.

Painting & Drawing Competitions

(For Online & Offline Events)

1. Introduction & Cultural Significance

Painting and drawing are timeless and universal languages of human expression. From ancient cave markings to modern canvases, these art forms have chronicled civilization's history, struggles, spirituality, and beauty. In Ancient Greece, visual arts were central to cultural celebrations, alongside music, poetry, and dance. The revival of the Modern Pythian Games embraces this heritage by recognising visual arts as a competitive form of cultural expression on a global stage.

The Games aim to promote these art forms not only as individual talent showcases but as tools for cultural diplomacy, youth empowerment, heritage preservation, and global peacebuilding.

2. Vision of the Modern Pythian Games

The Modern Pythian Games serve as the world's only international cultural games, inspired by their ancient Greek origin, yet firmly rooted in modernity. They offer a democratic platform to discover and celebrate artistic and cultural talent from every corner of the world — online and offline. The mission is to build global harmony through the arts and elevate traditional and contemporary forms into a unified, dignified arena.

3. Global Reach & Naming Variations

While the core practices of drawing and painting are universal, the terminology may vary:

- Russia and former CIS nations: Живопись (Zhivopis') for painting, Рисование (Risovanie) for drawing.
- France: Peinture (painting), Dessin (drawing)
- Italy: Pittura (painting), Disegno (drawing)
- Japan: 絵画 (Kaiga), 描写 (Byōsha)
- China: 绘画 (Huihuà)
- India: चित्रकला (Chitrakala)
- Iran: نقاشی (Naqqashi)
- Latin America: Pintura, Dibujo

These forms are practiced in over 130 countries, either traditionally or through formal education.

4. Eligibility Criteria (Unified for All Events)

- For National or State level events: Participants must be citizens or residents of the respective country for at least one year.
- For International events: Open to global participants.
- Valid age and identity proof is mandatory.
- For minors, consent from a parent or guardian is required.
- Kindly read the event-specific eligibility carefully during registration.

5. Competition Categories

a. Drawing Competition (Junior Artists)

- Eligibility: Children from Class Prep to Class 5
- Theme: As per official event announcement
- Mediums Allowed: Pencil colours, wax crayons, sketch pens
- Canvas Size: A3 paper
- Format: Individual only

b. Painting Competition (Student Artists)

- Eligibility: Students from Class 6 to Class 12
- Theme: As per official announcement
- Mediums Allowed: Watercolours, acrylics, pencils, mixed media (no digital art)
- Canvas Size: A3 paper, board, or canvas
- Format: Individual only

c. Painting Competition (Professional Artists)

- Eligibility: Open to amateurs and professionals of all ages
- Theme: As announced officially
- Mediums Allowed: All traditional mediums (excluding digital)
- Canvas Size: 24 x 36 inches
- Format: Individual only

6. Entry and Registration

a. Entry Modes

- Online: Via the official Pythian Games web portal or mobile app
- Offline: Through recognised institutions or registered Pythian centres

b.Required Documents

- Age/ID proof
- For professionals: Sample portfolio or practice record
- Signed consent form (for minors)
- Registration fee (if applicable)

c.Confirmation

- Participants will receive confirmation with event date, venue (if offline), and material instructions.

7.Participation Guidelines

Report 30 minutes before the scheduled start

- Duration:
- Drawing (Junior): 1 hour
- Painting (Students): 1.5 hours
- Painting (Professionals): 2 hours
- Participants must bring their own materials
- All entries must be original and created on-site
- No mobile or digital devices during creation

8.Judging Criteria

a.Drawing – Junior Artists (100 Marks)

- Creativity – 30
- Detail – 30
- Accuracy – 20
- Neatness – 20

Focus: Line work, perspective, and finishing

b.Painting – Student Artists (100 Marks)

- Theme Interpretation – 30
- Creativity – 25
- Technique – 25
- Presentation – 20

Focus: Storytelling, colour use, and artistic impact

d.Painting – Professionals (100 Marks)

- Concept Relevance – 30
- Technique – 25
- Creativity – 25
- Visual Appeal – 20

Focus: Expression, realism or abstraction, depth

- Note: Public voting may be initiated for top 5 entries, at jury discretion.

e.Jury Panel

Each category judged by 3 experienced art professionals

Jury Profile:

- Senior art educators, experienced practitioners
- Recognised contributors in the fine arts space
- No conflict of interest with participants
- All jury decisions are final and binding

9.Code of Conduct and Regulations

Only original work is permitted – no tracing, copying, or stencils

- Maintain decorum and respect at the venue
- No mobile phone use during competition
- No pre-prepared artwork
- Participants must sign their work before submission
- Misconduct or violation leads to immediate disqualification
- Organisers reserve rights to reschedule or amend details
- Participants responsible for their own material safety

10.Legal Provisions and Protection Rights

Each participant must sign a declaration of originality

- Organisers may use artworks for promotional or cultural campaigns
- Parental consent required for minors
- Organisers are not responsible for lost/damaged items
- Venues will be under CCTV surveillance for safety and integrity
- Disputes to be resolved by the Pythian Organising Committee

11.Awards & Recognition

All participants receive a Certificate of Participation

- Top 3 winners in each category awarded medals and certificates
- Featured in Pythian Games official media
- Invitations to international art exchange and cultural forums
- Opportunities for mentorship and exhibitions

Poetry Competitions

(For Online & Offline Events)

1. Introduction and Historical Significance

Poetry is a timeless and powerful form of human expression that blends language, rhythm, and emotion to convey thoughts, stories, and experiences. From ancient epics to modern spoken word, poetry has united people across cultures and centuries.

In ancient Greece, poetry held a central place in the original Pythian Games, celebrated in honour of Apollo, the god of music and poetry. Alongside music, dance, and theatre, poetry was used to narrate myths, praise virtues, and inspire societies.

The Modern Pythian Games proudly continue this heritage. As the world's only dedicated cultural and traditional multi-art Games, they offer a global, democratic platform for artistic expression. Poetry competitions under this framework celebrate both traditional and contemporary voices, aiming to foster peace, understanding, and cultural preservation across nations.

2. Purpose and Vision

The Pythian Games aim to:

- Recognize poetry as a cultural sport on the global stage.
- Encourage poets of all ages and backgrounds to participate in a competitive yet inclusive environment.
- Bridge civilizations through the universal language of verse.
- Showcase diverse poetic traditions from across regions and generations.
- Promote global cultural dialogue and creative freedom through a structured and fair competition format.

3. Global Presence and International Names of Poetic Forms

Poetry is practised across almost every country in the world, though forms, styles, and names vary. Here are some internationally recognised names and equivalents of poetic traditions:

- India: Doha, Ghazal, Nazm, Chaupai, Haiku (adopted), Muktak, Kavita
- Russia and Slavic Nations: Stikhi, Balada, Duma, Bylina
- France: Ballade, Villanelle, Rondeau
- Japan: Haiku, Tanka
- China: Shi, Ci, Fu
- Greece: Ode, Epic, Dithyramb
- Middle East (Arabic Nations): Qasida, Ghazal, Ruba'i
- Africa: Praise Poetry, Griot Verse, Oral Epics
- USA/UK/Canada: Sonnet, Slam Poetry, Spoken Word, Narrative Verse
- Latin America: Décima, Verso, Copla
- Tribal and Indigenous Regions Globally: Oral chants, ceremonial verse, epics
- Today, poetry competitions are actively practised in over 120 countries, with both written and performance-based formats gaining popularity in schools, festivals, literary events, and digital platforms.

4. Age Categories

- Children's Poetry (8–12 years) – Rhymed verse, haiku, acrostic, visual poetry
- Youth Poetry (13–18 years) – Free verse, spoken word, limerick, sonnet
- Adult Poetry (19–59 years) – All poetic forms welcome
- Senior Citizens' Poetry (60+ years) – Ode, doha, narrative, philosophical verse
- Open Category – Any age group, any language or style permitted
- Each participant may submit only one entry per category.

5. Unified Eligibility Criteria

- For national/state-level events: Participants must be citizens or residents of the country for at least one year.
- For international events: Open to participants from any country.
- Valid age and ID proof is mandatory for all participants.
- For minors, consent from a parent or guardian is compulsory.
- Participants must carefully read and follow eligibility instructions for each event.

6.Participation Rules

1. Submission Mode

Online:

- Register through the official Pythian Games website or app.
- Upload poems in PDF or DOC format (for written entries).
- Upload MP4, MOV, or WAV files (for performance poetry).
- Submit supporting documents:
 - Bio-data and poet's note
 - Signed consent and originality declaration
 - Age and ID proof

Offline:

- Submit typed or handwritten entries along with the registration form.
- Attach USB/DVD for performance recordings.
- Use only a unique entry code (no poet name on the poem).

2.Language Guidelines

- Entries may be in any Indian or global language.
- Accepted Indian languages include: Hindi, Urdu, Punjabi, Tamil, Sanskrit, Telugu, Bengali, Malayalam, etc.
- Global languages include: English, French, Spanish, Greek, Russian, Arabic, Mandarin, and more.
- Tribal and indigenous languages are encouraged.
- If not in English or Hindi, an English translation must be submitted alongside.

7. Categories of Participation

By Form:

Rhymed verse, free verse, haiku, limerick, sonnet, narrative

Spoken word, slam poetry, acrostic, visual/concrete poetry

By Theme:

Peace, unity, and global harmony

Environmental awareness and nature

Identity, mental health, and personal journeys

Patriotism and national pride

Youth, women's empowerment, and justice

Cultural diversity and folk traditions

By Language:

Entries accepted in Indian, global, tribal, and multilingual forms.

Translation (if needed) must be submitted in advance.

8. Judging Panel

Each entry is judged anonymously by a panel of 3 to 5 experts, including:

- Lead Literary Judge (renowned poet, academic, or editor)
- Performance Judge (for spoken entries)
- Language and Translation Expert
- Guest Judge (optional)

Judges must declare any conflict of interest and will assess based solely on entry codes.

9. Judging Criteria (100 Marks Total)

- Originality and Creativity – 25 marks
- Language and Expression – 20 marks
- Theme Relevance – 20 marks
- Artistic and Emotional Impact – 20 marks
- Structure and Form – 15 marks

Additional (for spoken entries):

- Voice Control, Modulation, and Delivery – 10 marks
- Audience Engagement (only for live finals) – Optional

Tie-breaks may be resolved by the Head Judge or audience voting (if announced in advance).

10. General Rules and Legal Safeguards

- Only original, unpublished poems allowed.
- Strictly no hate speech, violence, or vulgar content.
- Late, incomplete, or plagiarised entries will be disqualified.
- Judges' decisions are final and binding.
- Organizers reserve the right to reject any entry without explanation.

11. Copyright, Consent, and Disqualification

Copyright:

- Copyright remains with the poet.
- Poets grant non-exclusive rights to the organizers to:
 - Publish poems in official anthologies and souvenirs
 - Promote and showcase entries with full attribution

Required Statement:

"This is my original work. I grant the organizers non-exclusive rights for publication, performance, or promotion with due credit."

Disqualification Grounds:

- Plagiarism or misrepresentation
- Hate speech or impersonation
- Breach of anonymity or judging process
- False age category entries

Disputes:

- Resolved under the jurisdiction of the host city/state.
- A dedicated ethics and grievance committee will handle complaints.

12. Awards and Recognition

- Certificates and Medals for top performers in each age and language category
- Selected entries to be published in official anthologies, e-books, and cultural magazines
- Invitation for live performances at national/international Pythian cultural festivals
- Digital promotion through official Pythian channels and partners

13. Safety and Best Practices

- Use anonymous codes during judging
- Ensure all judges are disclosed in advance
- Keep all submission and evaluation records secure
- Collect consent forms digitally
- Appoint grievance redressal officers at each event level
- Judges should not assess entries from their own students or close associates

14. Sample Themes for Events

- Voices for Peace – Poetry for unity and conflict resolution
- EcoVerse – Celebrating nature and the environment
- Youth Inked – Young voices and their reflections
- Women Write the World – Feminist and gender-equality poetry
- Patriotic Pulse – Celebrating cultural and national identity
- Tribal Echoes – Indigenous poetic forms and folklore
- Visual Verse – Poems inspired by paintings or photographs
- Wisdom Verse – Reflections from senior citizens

Essay Writing Competition

1. History and Vision

Essay writing is one of the most ancient and respected forms of literary expression. It allows individuals to present ideas, arguments, and reflections in a structured and impactful way. In many cultures, essay-like forms of storytelling, argumentation, and reflection have played a vital role in education, culture, and social discourse.

The Modern Pythian Games revive the ancient spirit of cultural and artistic excellence that the original Pythian Games of Greece celebrated. While ancient Pythian Games honoured music, poetry, dance, and athleticism, the modern iteration seeks to promote global unity and cultural harmony through diverse artistic expressions—including essay writing.

This competition is designed to cultivate critical thinking, creativity, and clear communication among participants worldwide. By providing both online and offline platforms, the Games promote inclusivity and access, empowering youth and adults alike to engage in cultural dialogue through the written word.

2. Different Names and Global Presence

Essay writing, or closely related literary formats, are recognized and practiced worldwide with various local names:

- Essay (English-speaking countries, including India, USA, UK, Australia)
- Dissertation or Thesis (Academic contexts globally, though longer and more formal)
- Réflexion écrite (French-speaking countries)
- Sammel (Russian essay/reflective writing)
- Сочинение (Sochinenie - Russian, meaning a composition or essay)
- Aufsatz (German)
- Composición (Spanish-speaking countries)
- Tema (Italian and some Latin countries, meaning theme or essay)
- 文章 (Wénzhāng) (Chinese, meaning article or essay)
- Escrito (Portuguese and Spanish)

Essay writing or equivalent compositions are formally taught and practiced in school systems of over 100 countries, making this form one of the most globally widespread literary arts.

3. What is Essay Writing?

Essay writing is a structured written composition that presents the author's argument, perspective, or reflections on a specific topic. It includes:

- Introduction: Sets the stage and presents the thesis or main idea.
- Body: Contains logically organized paragraphs that support the thesis with facts, reasoning, examples, or narratives.
- Conclusion: Summarizes the argument and provides closure or insight.

Essays may be descriptive, narrative, argumentative, expository, or reflective, depending on the assigned topic or theme.

4. Age Categories

Participants must register in one of the following age groups:

- Sub-Junior: 8 to 12 years
- Junior: 13 to 17 years
- Senior: 18 to 25 years
- Open: 26 years and above

5. Eligibility Criteria

These criteria apply to all Pythian Games competitions, including essay writing:

- For national or state-level events: Participants must be citizens or residents of the respective country for at least one year.
- For international events: Open to global participants from any country.
- Valid proof of age and identity is mandatory.
- For minors, a signed consent form from a parent or guardian is required.
- Participants must carefully read and comply with the eligibility criteria for each event.

6. Entry Process

Online Submission:

- Register through the official Pythian Games portal.
- Upload your essay in PDF or DOC format.
- Submit required documents: short bio-data, signed consent/declaration, proof of age, and selected essay topic.

Offline Submission:

- Submit a printed essay copy with registration and supporting documents by post or at designated collection centers.

7. Essay Guidelines

Word Limits:

- Sub-Junior: 300–400 words
- Junior: 500–700 words
- Senior: 800–1000 words
- Open: 1000–1200 words

Formatting:

- Typed or neatly handwritten (for offline).
- Typed entries: Times New Roman, font size 12, 1-inch margins on all sides.

Language:

- Entries accepted in English, Hindi, or any approved regional or international language.

Essay Topics:

Themes will be provided, examples include:

- Peace and Harmony
- Environment and Sustainability
- Indian Culture and Heritage
- Youth and Technology
- Role of Art in Society
- Global Citizenship

8. Judging Panel

The jury will include:

- Lead Judge: Author, editor, or senior language educator.
- Content Judge: Subject matter expert relevant to the essay topic.
- Language Judge: Literature professor or critic.
- Guest Judge: Journalist, public speaker, or respected cultural figure.

Panels will consist of an odd number of judges (3–5) for unbiased decisions. Different panels may be appointed for preliminary and final rounds.

9. Judging Criteria

Each essay is evaluated equally on these parameters out of 100 marks:

- Structure and Organisation
- Clarity and Argumentation
- Creativity and Originality
- Language and Grammar
- Relevance to the Theme

10. Rules and Legal Safeguards

General Rules:

- Essays must be original and unpublished.
- Use of offensive language, plagiarism, or AI-generated content is prohibited.
- Word limits and formatting rules must be strictly followed.
- Late or incomplete entries will be disqualified.

Copyright:

Participants retain ownership but grant non-exclusive rights to the organizers for:

- Publishing (print/digital)
- Promotion for educational or cultural purposes
- Archiving with author credit

Consent Declaration:

"I confirm this is my original work. I grant the organizers non-exclusive rights to publish, promote, or archive my essay with full credit."

Disqualification:

For plagiarism, offensive content, or rule violations. Decisions of the jury are final.

Dispute Resolution:

Legal matters will be handled by the jurisdiction of the host city/state. An internal committee will address complaints.

11. Awards and Recognition

- Gold Medal and Winner Certificate (1st place)
- Silver Medal and Runner-up Certificate (2nd place)
- Bronze Medal and Merit Certificate (3rd place)
- Certificate of Achievement for finalists
- Certificate of Participation for all valid entries

Top performers may be featured in official publications and invited to cultural showcases at national or international levels.

Creative Writing Competition

(For Online & Offline Events)

1. Introduction and Historical Context

Creative writing has served as a timeless mode of expression across civilizations. From ancient oral storytelling traditions to written tales that shaped cultures, the power of narrative has always played a vital role in reflecting human emotion, imagination, and societal truths.

In the spirit of the Ancient Pythian Games, which celebrated the arts alongside athletics, the Modern Pythian Games elevate creative writing as a competitive cultural art form. By reviving and promoting literary expression, these Games seek to unite people globally through shared stories and cultural creativity.

2. Global Vision of the Modern Pythian Games

The Modern Pythian Games aim to:

- Promote art, culture, and indigenous traditions as global games.
- Provide a competitive yet inclusive platform for writers of all ages and backgrounds.
- Recognize creative writing as a unifying, peace-building force across languages and borders.
- Encourage cultural exchange through original narratives.

Creative writing is practiced under different forms and titles globally:

- Russia and CIS Countries: Художественное письмо (Artistic Writing)
- USA/UK/Canada: Creative Writing / Short Story Writing
- France: Écriture Créative
- Germany: Kreatives Schreiben
- Latin America: Escritura Creativa
- Japan: 創作文 (Sōsaku-bun)
- India: रचनात्मक लेखन (Rachnatmak Lekhan)

Creative writing competitions or formats are practiced in over 90 countries worldwide, across schools, festivals, and cultural institutions.

3. Age Categories

Participants will compete in the following divisions:

- Sub-Junior: 8 to 12 years
- Junior: 13 to 17 years
- Senior: 18 to 25 years
- Open: 26 years and above

Each participant must submit under the correct category according to their age on the date of submission.

4. Eligibility Criteria

This eligibility framework applies to all national and international competitions:

- For National or State Events: Participants must be citizens or residents of the country for at least one year.
- For International Events: Open to global participants without restriction.
- Valid age and identity proof is mandatory for all entrants.
- Minors must submit a parental or guardian consent form.
- Kindly read and follow the eligibility criteria carefully for each competition.

5. Participation Guidelines

- Only individual entries are accepted.
- One entry per person.
- All work must be original, unpublished, and self-written.
- Entries previously submitted to other competitions will not be accepted.
- Entry must follow the category-specific guidelines.

6. Accepted Formats

Participants may submit their writing in any one of the following formats:

- Short Story
- Fictional Letter or Diary Entry
- Reflective or Personal Narrative
- Flash Fiction
- Children's Fiction (for younger participants)

Note: Poetry, formal essays, journalistic pieces, or academic content will not be accepted under this category.

7. Entry Submission Process

Online Mode:

- Register via the official portal or website.
- Upload your submission in PDF or DOC format.
- Submit the following documents:
 - Full Name and Contact Details
 - Age and ID proof (scanned copy)
 - Consent and Declaration Form

Offline Mode:

- Submit a typed or handwritten printout of your work.
- Include your registration form, age proof, and signed declaration.
- Send via post or deliver in person to the designated Pythian Games centre.

8. Writing Guidelines

Word Limit (per category):

- Sub-Junior: 300–400 words
- Junior: 500–700 words
- Senior: 700–900 words
- Open: 900–1200 words

Languages Accepted:

- English
- Hindi
- Other approved regional or international languages

Formatting Instructions:

- Typed entries: Standard font (Arial, Times New Roman), size 12, 1-inch margins.
- Handwritten entries: Must be legible and neatly presented.

9. Judging Panel and Evaluation

Judging Panel:

Each entry will be reviewed by a panel of 3 to 5 qualified judges:

- A lead expert in literature or writing
- A professional editor or creative writing educator
- A guest judge such as an author, journalist, or scholar
- Panels will be language and category specific.
- Judging Criteria (100 marks total):
 - Originality and Imaginative Thought
 - Narrative Structure and Flow
 - Use of Language and Grammar
 - Creativity and Emotional Depth
 - Overall Impact and Engagement

10. Legal Safeguards and Rules

General Rules:

- Only original and unpublished content is accepted.
- AI-generated or plagiarised content is strictly prohibited.
- Content must not include hate speech, obscenity, or sensitive political themes.
- Late entries or incomplete submissions will be disqualified.

Copyright and Usage Rights:

- Authors retain full copyright of their work.
- Organizers are granted non-exclusive rights to:
 - Publish selected entries (with due credit)
 - Use content for cultural promotion, exhibitions, or education

Declaration Format (to be signed):

"I hereby declare that this is my original and unpublished work. I grant the Modern Pythian Games organizing committee non-exclusive rights to use or publish the work for cultural or educational purposes with due credit."

Grounds for Disqualification:

- Plagiarism or AI-generated content
- Misrepresentation of age or identity
- Violation of word count or format guidelines
- Offensive or unethical content

Dispute Resolution:

- All disputes will be resolved by the internal jury of the organizing committee.
- Jurisdiction lies within the city/state of the organizing authority.

11. Awards and Recognition

- Winners will receive:
- Gold Medal + Winner Certificate
- Silver Medal + Runner-Up Certificate
- Bronze Medal + Merit Certificate
- Certificate of Achievement for top finalists
- Certificate of Participation for all valid entries
- Selected works may be featured in:
- The Pythian Literary Anthology
- Cultural exhibitions and forums
- Official Pythian digital platforms

Mimicry Competition

(For Online & Offline Events)

1. Introduction and Historical Context

Mimicry, the timeless art of imitation, blends humour, theatre, and performance to engage audiences by recreating the voices, gestures, and expressions of iconic public figures or fictional characters. Rooted in satire and observation, mimicry thrives across cultures—ranging from ancient court jesters to modern-day stage and screen performers.

The Modern Pythian Games aim to re-establish mimicry as a respected cultural artform in the global arena. By including mimicry among its official competitions, the Games celebrate not just entertainment, but the deep artistic skill required to impersonate, amuse, and communicate powerfully through vocal and physical transformation.

The vision is to promote mimicry as an art of voice acting, theatre, and cultural storytelling—democratically accessible to artists from all walks of life and celebrated as part of the global cultural games movement.

2. International Terminologies and Global Reach of Mimicry

Mimicry, though known by different names worldwide, shares a universal appeal:

- India: Mimicry / Nakal
- Russia & CIS: Пародия (Parodiya – Parody)
- France: Imitation / Mimétisme
- USA / UK: Impression / Voice Acting
- Japan: モノマネ (Monomane)
- South Korea: 성대모사 (Seongdaemosa)
- China: 模仿秀 (Mófǎng xiù – Imitation Show)
- Italy: Imitazione
- Germany: Parodie / Imitation
- Spain / Latin America: Imitación / Parodia

It is practiced in over 70 countries across stage shows, reality competitions, radio, cinema, theatre, and digital platforms.

3. Age Categories

Participants shall compete in the following divisions:

- Sub-Junior: 8 to 12 years
- Junior: 13 to 17 years
- Senior: 18 to 25 years
- Open: 26 years and above

4. Eligibility Criteria

- For national/state level events: Participants must be citizens or residents of the respective country for at least one year.
- For international events: Open to participants from all countries.
- Valid age and ID proof are mandatory.
- For minors, a signed parental or guardian consent form is required.
- Kindly read the event-specific eligibility carefully before applying.

5. Participation Guidelines

- Only individual entries allowed.
- Each participant may submit one entry per category.
- Self-performed acts only – no dubbing, background voiceovers, or AI-generated voices.
- Content must be original, culturally respectful, and appropriate for all audiences.

6. Submission Process

A. Online Mode

- Register via the official Pythian Games website or app.
- Upload performance video (MP4 format, maximum 200 MB).
- Required documents:
 - Performer biography
 - Signed consent and originality declaration
 - Age/ID proof
 - List of mimicked personalities

B. Offline Mode

- Submit video via USB/DVD with printed registration form and documents.
- Label all entries with registration ID (avoid personal names).

7. Performance Rules

- Time Limits:
 - Sub-Junior & Junior: Up to 3 minutes
 - Senior & Open: Up to 5 minutes
- Performances may include 1 to 3 characters.
- Props and costumes are optional but must be minimal.
- No background music or effects unless pre-approved.
- Avoid sensitive, vulgar, or politically aggressive content.

8. Judging Format

- Panel Size: 3 to 5 judges per round.
- Panels may change for preliminary/final stages.
- All judging is done anonymously using registration IDs.

Preferred Panel Composition:

- Lead Judge: Professional mimicry artist or stage performer
- Expression/Vocal Judge: Theatre actor, singer, or media coach
- Comic Judge: Comedian or humor scriptwriter
- Guest Judge (optional): Cultural figure or celebrity

9. Judging Criteria (Total: 100 Marks)

- Voice Accuracy & Clarity – 20 marks
- Expression & Body Language – 20 marks
- Comic Timing & Humor – 20 marks
- Originality & Character Range – 20 marks
- Stage Presence & Confidence – 20 marks

In case of tie: Decided by the Lead Judge or through audience engagement where applicable.

10. Code of Conduct

- Performances must be self-executed and original.
- No content shall promote hatred, vulgarity, or disrespect.
- Religious, ethnic, or political sensitivities must be strictly respected.
- Mobile phones must be switched off during live shows.
- Any form of plagiarism or AI assistance will result in disqualification.

11. Legal and Ethical Standards

- Mimicked figures must be public domain characters or public personalities.
- No targeting of private individuals or sensitive community topics.
- Late or incomplete entries will be rejected.
- The Organizers reserve the right to remove, withhold or edit entries before public display.

Copyright & Consent

- Artists retain ownership of their performances.
- The Games receive non-exclusive rights to:
 - Broadcast, stream, or archive content with due credit
 - Use segments for promotional and educational purposes

Consent Declaration

"I confirm this is my original performance. I grant the Modern Pythian Games non-exclusive rights to use, publish, or promote this content with credit."

12. Disqualification Criteria

- External dubbing or AI-voice tools
- Misrepresentation of age or identity
- Hate speech, vulgar content, or abusive impersonations
- Any attempt to influence jury decisions
- Violating submission or performance rules

Dispute Resolution

- All legal matters fall under the jurisdiction of the host city/state.
- An internal ethics and grievance committee shall resolve disputes.
- Jury decisions are final and binding.

13. Awards and Recognition

- Gold Medalist: Trophy + Gold Medal + Certificate of Excellence
- Silver Medalist: Silver Medal + Certificate of Merit
- Bronze Medalist: Bronze Medal + Certificate of Recognition
- Finalists: Certificate of Achievement
- All Participants: Certificate of Participation

Rangoli Making Competition

(Rules and Regulations)

1. Introduction and Historical Context

Rangoli, known across India as a vibrant expression of folk artistry, is an ancient floor art form made using powdered colors, flower petals, rice flour, grains, pulses, or natural materials. Traditionally drawn at thresholds and courtyards during festivals and ceremonies, Rangoli is more than decoration—it is a cultural prayer, a welcome, a symbol of harmony, and an offering of beauty.

The Modern Pythian Games revive this art in a global competitive spirit, recognising Rangoli and its worldwide counterparts as a profound visual celebration of cultural identity. Through this competition, the Games aim to foster intercultural exchange, appreciation of indigenous art, and peace-building through aesthetics.

2. Global Equivalents and Reach

Similar floor or decorative art traditions exist worldwide, showcasing how this artistic impulse transcends borders. Some of the known variations include:

- Kolam (Tamil Nadu, India)
- Alpana (Bengal, India)
- Mandana (Rajasthan & MP, India)
- Chowk Purana (Uttar Pradesh & Bihar, India)
- Sathiya or Saathiya (Gujarat, India)
- Jhoti or Chita (Odisha, India)
- Aripaana (Bihar, India)
- Muggulu (Andhra Pradesh & Telangana, India)
- Kōlam (Sri Lanka, Malaysia, Singapore – Tamil diaspora)
- Dtalai (Thailand – Buddhist traditional art)
- Sand Mandala (Tibet, Bhutan, Mongolia)
- Podnizhnik (Russia – Slavic floral & symbolic folk designs near icons)
- Flower Carpets (Belgium, Guatemala, Italy, and Latin America)

Rangoli-style decorative traditions or floor art can be found in over 25 countries, connecting diverse cultures through artistic expression rooted in community rituals and spiritual heritage.

3. Vision of the Modern Pythian Games

The Rangoli Making Competition, as part of the Modern Pythian Games, seeks to:
Promote Rangoli as a cultural art globally.

Encourage the revival and innovation of traditional arts.

Offer a competitive yet peaceful platform for intercultural expression.

Unite artists through creative participation in a global celebration of culture.

4. Age Categories

Participants shall compete in the following divisions:

Sub-Junior: 8 to 12 years

Junior: 13 to 17 years

Senior: 18 to 25 years

Open: 26 years and above

5. Eligibility Criteria (Applicable to all competitions)

For national/state-level events: Participants must be citizens or residents of the respective country for at least one year.

For international competitions: Open to global participants from any nation.

Valid age and ID proof is mandatory.

Minors must submit parental/guardian consent.

Kindly read all event-specific criteria carefully.

6. Participation Format

A. On-Site Competitions

Pre-registration is mandatory.

Participants must carry all required materials (unless specified otherwise).

Each participant will be allotted a dedicated space.

Time Duration: 90 minutes to 2 hours

Judges will evaluate work on-site after time ends.

B. Online/Photo/Video Submissions

- Participants must register online and submit the following:
 - High-resolution photographs of the final Rangoli.
 - Short video (30–60 seconds) showcasing the making process (if required).
 - Theme description in 50–100 words.
 - Bio-data form and signed consent declaration.

7. Rangoli Design Guidelines

Size Limit: Between 3x3 ft and 5x5 ft (as specified per event).

Theme-Based Designs: Participants may choose from or be assigned themes such as:

- Indian Heritage
- Festivals & Celebrations
- Unity in Diversity
- Nature & Environment
- Peace & Global Harmony

Allowed Materials:

- Colored powders, flower petals, pulses, grains, sawdust, rice flour, sand, or eco-friendly substances.
- Use of natural, biodegradable materials is encouraged.

Prohibited:

- Pre-drawn outlines or printed patterns.
- Stencils or mechanical aids.
- Use of paints or synthetic substances (unless eco-friendly).

8. Judging Panel Composition

- 3 to 5 Judges per competition, drawn from diverse backgrounds:
 - One expert in visual/fine arts.
 - One traditional folk or cultural heritage artist.
 - One invited guest from design, décor, or architecture.
- Preliminary and final rounds may have different panels, based on event size.

9. Judging Criteria (Total: 100 Marks)

- Creativity & Originality – 25 marks
- Visual Appeal & Colour Harmony – 20 marks
- Neatness & Finishing – 20 marks
- Theme Relevance – 20 marks
- Material Use (eco-friendliness/tradition) – 15 marks

10. General Rules & Legal Safeguards

Conduct Rules:

- Designs must be original and created independently by the participant.
- No offensive, political, or inappropriate content is allowed.
- No external assistance permitted during creation.
- Late arrivals, incomplete work, or rule violations may lead to disqualification.

Copyright and Consent:

- Participants retain full ownership of their artwork.
- Organisers receive non-exclusive rights to:
 - Photograph, document, and archive the work.
 - Publish or promote artwork (with due credit).
 - Exhibit entries in future events or online showcases.

Consent Declaration:

"I certify that this Rangoli design is created by me. I grant the organisers non-exclusive rights to promote, publish, or exhibit it with due credit."

Disqualification Grounds:

- Plagiarism or copied artwork
- Use of digital or mechanical tools
- Violation of themes or material rules
- Receiving help during competition

Dispute Resolution:

- Jury decisions are final and binding.
- Any grievances will be handled by the internal committee.
- Legal disputes will fall under the jurisdiction of the organizing body.

11. Awards and Recognition

Winners in each age category will receive:

- Gold Medal + Winner Certificate
- Silver Medal + Runner-up Certificate
- Bronze Medal + Merit Certificate

Cooking Competition

1. Introduction

Cooking is an art that connects cultures, brings people together, and reflects the identity of a region. Known globally by different names—Gastronomie (France), Kulinarik (Germany), Cocina (Spain), Cucina (Italy), Kulinariya (Russia), Chūfàng Yìshù (China), Ryōri Geijutsu (Japan), and Pak Kalaa (India)—the art of cooking is an essential part of global heritage.

The Pythian Cooking Competition celebrates traditional and modern culinary talents from around the world. Whether it's age-old recipes passed down through generations or innovative fusion dishes, this competition welcomes all.

2. Eligibility

- Open to individuals of all genders and backgrounds.
- Age Groups:
 - Sub Junior: Below 12 years
 - Junior: 13–17 years
 - Youth: 18–25 years
 - Senior: 26–59 years
 - Masters: 60 years and above
 - Para Chefs: For participants with disabilities (all age groups)
- Participants may be home cooks, culinary students, or professionals.
- Each participant must prepare the dish themselves without outside help.
- In case of group or team categories, team members must be clearly declared and present.

3. Competition Format

- Offline Mode: On-ground cooking under time limit at a designated venue.
- Online Mode: Pre-recorded or live cooking demonstration with recipe and process submitted via video (for international and remote participation).
-

4. Themes and Categories

- Traditional/Regional Dish
- Street Food Innovation
- Fusion Cuisine
- Healthy Cooking / Organic or Vegan Dishes
- Dessert Special
- Live Cooking Challenge (on-spot mystery basket)

5. Judging Panel

The jury will consist of:

- Renowned chefs from different countries
- Culinary experts or food critics
- Nutritionists (for health-based categories)
- Cultural or heritage food ambassadors
- One member from the Pythian Games Council for neutrality

No judge shall have any personal or professional association with any contestant.

Judges will remain neutral, and decisions will be final.

6. Public Opinion (Optional)

In select categories, the jury may consider public opinion through:

- Mobile App or Website Voting
- SMS Voting
- Live Audience Hand Raise (for onsite finals)

Public opinion will be taken into account as supporting input, not as the deciding factor.

7. Judging Criteria & Marking (Total: 100 Marks)

- Taste and Flavour (30 Marks): Overall balance, authenticity, seasoning
- Presentation & Creativity (20 Marks): Plating, colour, visual appeal
- Cooking Technique (15 Marks): Skill, method, and use of tools
- Hygiene and Cleanliness (10 Marks): Personal and kitchen cleanliness
- Theme Relevance (10 Marks): Connection to category or theme
- Time Management (5 Marks): Completion within time limit
- Nutritional Value (5 Marks): Health-conscious elements
- Ingredient Usage (5 Marks): Proper use of ingredients with minimal wastage

In online entries, video clarity and narration will also be considered for overall evaluation.

8. Awards and Recognition

- Gold, Silver, and Bronze medals in each category and age group
- Special awards:
 - Best Traditional Dish
 - Best Innovative Recipe
 - Health Champion Award
 - People's Choice Award
- All participants receive e-certificates
- Top performers may be invited for masterclasses, culinary exhibitions, or TV features

8. Awards and Recognition

- Gold, Silver, and Bronze medals in each category and age group
- Special awards:
 - Best Traditional Dish
 - Best Innovative Recipe
 - Health Champion Award
 - People's Choice Award
- All participants receive e-certificates
- Top performers may be invited for masterclasses, culinary exhibitions, or TV features

9. Transparency and Neutrality

- All judging sheets will be signed and sealed by each jury member.
- Marks will be independently compiled and averaged.
- No participant will be allowed to contact jury members before or after the contest.
- In case of disputes, a neutral advisory panel will make the final call.

Sculpture Competitions

(Online and Offline Mode)

1. Introduction

Sculpture is a timeless art form that reflects the creativity, culture, and skill of artists across the world. The Modern Pythian Games celebrate this ancient craft by inviting sculptors of all abilities, including disabled artists, to showcase their talents on a global stage. The competition honors diversity, innovation, and mastery in sculpture.

2. Different Names of Sculpture in Various Nations

- English: Sculpture
- French: Sculpture
- Spanish: Escultura
- Italian: Scultura
- German: Bildhauerei
- Japanese: 彫刻 (Chōkoku)
- Chinese: 雕塑 (Diāosù)
- Russian: Скульптура (Skul'ptura)
- Hindi: मूर्तिकला (Moortikala)
- Arabic: النحت (Al-Nahat)

3. Eligibility

- Open to all artists regardless of nationality.
- Separate categories for able-bodied and disabled artists to ensure inclusivity and fair competition.
- **Age categories:**
 - Junior (up to 18 years)
 - Adult (19 to 50 years)
 - Senior (51 years and above)
- Participants must submit proof of artistic background (portfolio or prior exhibition details) or a letter of recommendation from an art institution/teacher.
- Disabled category participants must provide valid documentation or a declaration confirming their status.

4. Types of Competitions

1. Live Sculpture Creation:

- Artists create sculptures live at the venue or designated space within a fixed time period (e.g., 3 to 7 days).

2. Pre-Created Sculptures:

- Artists submit sculptures created prior to the competition for display and judgment.

3. Thematic Sculpture Challenge:

- A theme is provided (e.g., "Unity in Diversity," "Nature and Humanity"), and artists interpret the theme in their sculpture.

4. Digital / Virtual Sculpture:

- For contemporary artists specializing in 3D modeling or digital sculpting, submissions can be made in digital format and showcased through VR or AR platforms.

5. Marking Criteria (Total 100 marks)

- **Creativity & Originality (30 marks):** Uniqueness of concept and artistic expression.
- **Technical Skill & Craftsmanship (25 marks):** Mastery of materials and techniques used.
- **Theme Interpretation (15 marks):** How well the artist conveys the theme (if applicable).
- **Aesthetic Appeal & Composition (15 marks):** Visual impact, balance, and overall beauty.
- **Innovation & Use of Materials (10 marks):** Novelty in choice or use of materials, eco-friendly or experimental methods.
- **Inclusivity & Accessibility (5 marks):** Special attention to works created by disabled artists, showcasing adaptive techniques or innovation.

6. Jury Composition

- **The jury panel will consist of:**
 - Renowned international sculptors and artists.
 - Art historians and critics.
 - Representatives from art institutions and cultural organizations.
 - Representatives from disability arts organizations to ensure fair judgment of disabled artists' work.
- **The jury has the authority to:**
 - Evaluate all entries.
 - Decide winners based on scoring.
 - Recommend works for special recognition or awards.
 - Incorporate public opinion through voting.

7. Public Voting

- The jury may open a “People’s Choice Award” category decided by public voting.
- Voting methods include:
 - In-person voting by raising hands during exhibitions.
 - Online voting via the official Pythian Games website or mobile app.
 - SMS voting for wider accessibility.
- Public votes will be tallied separately and the highest vote-getter will be awarded the People’s Choice Award.
- Public voting will be carefully monitored to ensure fairness and prevent fraud.

8. Competition Criteria

- Artists must adhere to material safety standards.
- Sculptures must fit within prescribed size and weight limits (details provided in event guidelines).
- No sculptures with offensive or politically sensitive content allowed.
- All entries must be original and created by the submitting artist.
- Late submissions or works not meeting guidelines may be disqualified.
- Disabled category entries will have reasonable accommodations provided during the competition.

9. Awards and Recognition

- Gold, Silver, and Bronze Medals in each category (Junior, Adult, Senior) and type of competition (Live, Pre-Created, Thematic, Digital).
- **Special awards for:**
 - Best Disabled Artist
 - Innovation in Materials
 - Theme Excellence
 - People’s Choice Award (Public Voting)
- Certificates of participation for all entrants.
- Opportunities for exhibition in international galleries and online showcases.
- Monetary prizes and scholarships (if sponsored).
- Invitation to participate in workshops and mentorship programs conducted by master sculptors.

Photography Competition

(Online and Offline Mode)

1. Introduction & Global Identity

Photography as a form of artistic storytelling is universally recognized under diverse names. While some nations refer to it as:

- Photographic Art (Europe/USA)
- Visual Capture (Canada)
- Light Painting (Latin America)
- Chhaya-Kala or Lens Art (India)
- Image Narratives (Africa)
- Digital Eye Art (East Asia)

In the Modern Pythian Games, photography celebrates inclusion, talent, culture, and perspective—welcoming both able-bodied and disabled artists from all over the world.

2. Inclusion of Artists with Disabilities

The competition is open and accessible to photographers with disabilities. Special accommodations shall be made for:

- Differently abled vision or mobility photographers using adaptive equipment
- Photographers with neurodiverse or cognitive challenges
- Paralympic or special category artists who wish to compete in dedicated or open sections

Separate awards and appreciation will be offered in Para Photography Categories if requested or available.

3. Format: Online and Offline Competitions

a.Offline Format:

- Conducted at city, regional, national, and international levels.
- Photographs submitted in printed or digital form during the event.
- Live exhibitions, presentations, or gallery displays may be used.

b.Online Format:

- Participants upload entries via the Modern Pythian Games official portal or mobile app.
- Public and jury voting is conducted digitally.
- Virtual photography exhibitions, jury reviews, and award announcements.

4. Eligibility Criteria

1. Open to All Nationalities
2. Age Groups:
 - Junior (12–17 years)
 - Youth (18–25 years)
 - Senior (26–45 years)
 - Masters (46+ years)
3. Para and Disabled Artists: Can compete in general or specialized categories.
4. Amateurs and Professionals: Both may apply; must declare their status.
5. Each participant may submit 1 to 3 photographs per theme.

5. Types of Photography Competitions

Participants may choose from the following categories:

1. Nature & Wildlife Photography
2. Portrait Photography
3. Street Life & Human Stories
4. Heritage and Culture
5. Black & White or Monochrome Art
6. Photojournalism & Social Impact
7. Experimental or Abstract Photography
8. Mobile Photography (Shot using smartphones)
9. Drone or Aerial Photography
10. Thematic Series (Set of 3–5 photos)
11. Special Category – Para Lens Perspective (For disabled photographers only)

6. Judging Criteria (100 Marks Total)

- Creativity and Originality (25 Marks)
- Unique perspective, composition, story.
- Technical Skill (20 Marks)
- Focus, exposure, contrast, clarity, framing.
- Theme Relevance (20 Marks)
- Appropriateness and depth of connection to chosen theme.
- Emotional Impact (15 Marks)
- Power to evoke feelings, message clarity.
- Innovation and Conceptual Strength (10 Marks)
- Experimental methods, idea interpretation.
- Public Appeal (10 Marks)
- Voting score from audience via physical voting, app, SMS, or online polling.

7. Jury Panel and Voting Mechanism

Jury Composition:

- Eminent photographers, art critics, curators, photojournalists, and visual communication experts.
- Representation from both national and international photography councils.
- At least one expert from the disability art space for inclusive representation.

Public Voting Provision:

- The jury may decide to include public opinion for final scoring through:
 - Physical voting (raising hands at offline exhibitions)
 - Website or Mobile App votes
 - SMS voting on registered mobile numbers

The jury has full discretion to give weightage to public opinion within the allowed 10 marks and can use it to break ties or award audience choice recognitions.

8. Awards and Recognition

- Gold, Silver, and Bronze Medals at each level (Regional, National, International)
- Certificates of Participation for all valid entries
- Special Jury Awards for outstanding creativity or cultural impact
- Best Para Photographer (across all age groups)
- Audience Choice Award
- Winning photos to be featured in:
 - Pythian Games Annual Artbook
 - International Exhibitions
 - Pythian Gallery Website & Mobile App

9. General Rules and Guidelines

- All photographs must be original work by the participant.
- No plagiarism or use of stock photography allowed.
- Minor editing (contrast, cropping, color correction) is allowed unless otherwise specified.
- Entries must not contain offensive, violent, or sensitive material.
- In case of group photos, consent must be documented.
- Photographs should be submitted in high resolution (JPEG/PNG) along with title and a short description (up to 100 words).
- Offline participants must carry digital versions on USB drive for display purposes.
- All winning entries become part of the official Modern Pythian Games Photo Archive with due credits.

Stand-Up Comedy Competition

(Online and Offline Mode)

1. Introduction:

Stand-Up Comedy is a vibrant and impactful performance art that blends humour, storytelling, social commentary, and personal narrative. As part of the Modern Pythian Games, Stand-Up Comedy Competitions aim to promote global cultural dialogue, inclusion, and freedom of creative expression across all communities, including persons with disabilities.

2. International Naming Variations:

Stand-up comedy is recognized worldwide under various terms:

- United States / UK / Canada – Stand-Up Comedy
- India – Haasya Kala / Hasya Vyangya
- France – Humour sur scène
- Spain / Latin America – Comedia en Vivo
- Germany – Stand-up Kabarett
- Japan – Owarai
- Middle East – Fann Al-Tarfeeh
- Africa (Anglophone regions) – Live Comedy
- Russia – Stendap

3. Eligibility Criteria:

1.Age Categories:

- Juniors: 14 to 17 years
- Youth: 18 to 25 years
- Adults: 26 to 45 years
- Seniors: 46 years and above

2.Open for All Genders and Backgrounds.

3.Special Category for Differently-Abled/Para Artists

- Visual, hearing, mobility impaired, neurodivergent comedians can perform in their preferred medium (spoken word, sign comedy, audio visuals, or aided speech).

4.Languages:

- Participants can perform in their national/regional language. English subtitles may be provided where possible for international audiences.

5.Entry Requirements:

- Submit audition video (online) or register on-site (offline).
- Duration: 3 to 5 minutes for auditions; 5 to 10 minutes for final performances.

4. Competition Types:

1. Solo Performance (Main Category)
2. Duo / Group Comedy Acts
3. Themed Comedy (Social Topics, Satire, Observational, etc.)
4. Improvised Comedy (Live suggestions / audience interaction)
5. Digital Comedy (for Online participants including meme acts or virtual sketches)

5. Judging & Jury Panel:

- **Jury Composition:**
 - 3 to 5 members comprising:
 - Professional Comedians
 - Theatre/Performing Arts Experts
 - Public Representative or Cultural Ambassador
 - (For Para category) Disability Inclusion Expert
- **Public Opinion Mechanism:**
 - For final rounds, jury can include public opinion through:
 - In-person audience hand-raising vote
 - SMS Voting via registered mobile number
 - Online Voting on official Pythian Games website or Mobile App

Public votes will hold up to 20% weight in the final score, only in designated rounds.

6. Marking Criteria (Total: 100 Marks):

- **Originality & Content – 25 Marks**
 - Unique themes, creativity, script quality
- **Delivery & Timing – 20 Marks**
 - Clarity, pacing, pauses, comedic rhythm
- **Audience Engagement – 15 Marks**
 - Interaction, responsiveness, body language
- **Humour Quotient – 20 Marks**
 - Laughter response, wit, punchlines
- **Language & Presentation – 10 Marks**
 - Effective use of language, expressions, gestures
- **Inclusivity & Creativity – 10 Marks**
 - Respect for diversity, use of innovative style or medium

7. Competition Format:

- Preliminary Auditions: Online video submissions or offline city-based auditions
- Zonal/National Level (Offline/Hybrid): Shortlisted candidates perform live
- International Level: Top finalists compete at Global Pythian Venue or via global broadcast

8. Awards & Recognition:

1. Gold, Silver, and Bronze Pythian Medals in each category
2. Best Emerging Comic Artist Award
3. Para Talent Excellence Award for comedians with disabilities
4. People's Choice Award – Based on public votes
5. Cultural Harmony Award – For theme promoting unity, diversity, or peace
6. Certificates & Digital Badges for all participants
7. Opportunities for Global Tours, Shows & Cultural Exchange

9. Ethical and Creative Freedom Rules:

- No content inciting hate, violence, or discrimination based on race, gender, religion, or disability.
- Satire and humour must adhere to decency and respect principles.
- Offensive acts will lead to disqualification.

10. Accessibility & Support (for Para Artists):

- Sign language interpreters (where needed)
- Ramps and assistive equipment at venues
- Subtitling and screen magnification for online rounds
- Option to pre-record or use assistive tech during live shows



RULES AND REGULATIONS

MARTIAL ARTS AND TRADITIONAL GAMES COMPETITIONS



Arm Wrestling Competition

(Rules, Regulations, History, and Vision)

1. Introduction and History

Arm wrestling, also known as “arm sport,” has a rich history dating back thousands of years, with roots in ancient Egypt, Greece, and India, where displays of strength were integral to cultural traditions and warrior training. Over time, arm wrestling evolved into a competitive sport practiced worldwide.

The Modern Pythian Games embrace arm wrestling as a core discipline to revive and celebrate this ancient sport in a contemporary competitive format. The vision is to promote arm wrestling globally as a respected, standardized sport blending strength, technique, and sportsmanship.

2. Names of Arm Wrestling in Different Countries and Regions

- United States: Arm Wrestling
- Germany: Armdrücken
- France: Bras de Fer
- India / South Asia: Rassa Kassi / Ras Kassi
- Japan: Wrist Wrestling
- Russia: Armfight / Armwrestling
- Turkey: Kol Güreşi
- Brazil: Luta de Braço
- Iran: Varzesh-e Bastani (includes traditional arm wrestling elements)
- Philippines: Pulso
- Poland: Siłowanie na rękę
- Italy: Braccio di Ferro
- Mexico: Lucha de Brazo
- China: Shǒu lì dòu (手力斗)
- Egypt (Ancient reference): Traditional strength contests (no direct modern term)

3. Vision of the Modern Pythian Games for Arm Wrestling

The Modern Pythian Games aim to:

- Globalize arm wrestling by standardizing rules and providing international competitive platforms.
- Promote the heritage and cultural significance of arm wrestling from historical traditions to modern sport.
- Encourage inclusivity by hosting categories for all age groups, genders, and skill levels.
- Uphold fair play and safety through strict competition regulations.
- Foster international camaraderie and cultural exchange through sporting events.

4. Competition Categories

The Pythian Games arm wrestling competitions are divided by:

- Age groups: Junior (under 18), Adult (18-40), Veteran (40+)
- Gender: Male and Female divisions
- Weight classes: Multiple weight classes to ensure fair competition (exact classes to be specified in event guidelines)
- Arm categories: Left arm and Right arm competitions

5. General Rules and Regulations

1. Match Setup

- Competitors will face each other standing or sitting at a standardized arm wrestling table.
- The table must have elbow pads, hand grips, and fouling zones clearly marked.
- Both competitors will place their elbows firmly on the pads and grasp each other's hand in a vertical position.

2. Starting Position and Commands

- The referee will check hand grip and elbow placement.
- The match begins with the referee's verbal command: "Ready... Go!"
- Both competitors must keep their shoulders square to the table and may not lift their elbow off the pad until the match ends.

3. Winning Criteria

- A competitor wins when the opponent's hand is forced down to the touchpad on their side of the table.
- Matches may be decided in a single bout or best-of series, depending on tournament format.

4. Fouls and Penalties

- Lifting or sliding the elbow off the pad.
- Touching any part of the opponent's body or table surface except the hand grip.
- Using illegal techniques such as twisting the wrist to cause injury.
- Failure to obey referee's commands.
- Fouls may lead to warnings, point deductions, or disqualification.

5. Equipment and Attire

- Competitors should wear short-sleeved or sleeveless clothing exposing the elbow.
- No external support (straps, braces) is allowed unless specified for medical reasons and approved by the referee.
- Nails must be trimmed to avoid injury.

6. Judging and Officiating

- Matches will be supervised by certified referees trained in arm wrestling officiation.
- Referees monitor elbow position, grip, and foul enforcement.
- Disputes are settled by a jury panel or chief referee.
- Video replay may be used in major competitions.

7. Safety and Ethics

- The Pythian Games prioritize competitor safety and sportsmanship.
- Any sign of injury must result in immediate match stoppage.
- Unsportsmanlike behavior leads to penalties or bans.
- Competitors must provide medical clearance for participation.

8. International Reach and Names

Arm wrestling is practiced globally with cultural variations and local names:

- United States: Arm Wrestling
- Germany: Armdrücken
- France: Bras de Fer
- India/South Asia: Rassa Kassi / Ras Kassi
- Japan: Wrist Wrestling
- Russia: Armfight / Armwrestling
- Turkey: Kol Güreşi
- Brazil: Luta de braço
- Iran: Varzesh-e Bastani (traditional arm wrestling elements)

Barefoot Race

(Online & Offline mode)

1. Introduction & Historical Background

The Barefoot Race is a traditional and natural form of sprinting where participants run without any footwear. It is one of the oldest forms of human competition, deeply rooted in cultural traditions across the globe. Across different countries, it is known by various names:

- India – Nange Paon Daud
- Russia – Бег босиком (Beg bosikom)
- Africa – Natural Run or Tribal Dash
- Latin America – Carrera Descalza
- Japan – Hadashi Rēsu
- Middle East – Jaree'a Bilaa Hidaa'

2. Vision of Modern Pythian Games for Traditional Sports

The Modern Pythian Games aim to preserve, globalize, and celebrate cultural, indigenous, and traditional games. Events like Barefoot Racing and Rope Skipping serve as powerful symbols of human endurance, community heritage, and inclusivity.

- Barefoot Racing emphasizes natural athleticism, connection to the earth, and accessibility to all.
- Rope Skipping represents rhythm, coordination, and energy, uniting communities across generations and geographies.

Both competitions are designed to be conducted online and offline to ensure universal participation, including those with physical disabilities or limitations.

3. Description of the Game

- Barefoot Racing is a sprinting competition where athletes run a specific distance without footwear.
- Distances can vary by category and age group (commonly: 30m, 50m, 100m, 200m).

4. Modes of Competition

a. Offline Format

- Participants report to a designated track, barefoot, and compete in their category.
- A certified jury panel supervises the race.
- Timing is captured using a stopwatch, digital timers, or photo-finish cameras.

b. Online Format

- Participants perform the race in a safe open space (school ground, backyard, local field).
- Entire performance must be recorded in a single take using a fixed-angle camera.
- The video must clearly show:
 - Start and end points
 - Measuring tape or markers
 - Entire body of the participant during the race
- Videos are uploaded through the official Pythian registration portal.
- Time is calculated through video analysis by jury panel.

5. Eligibility Criteria

- Open to all genders, across three main categories:
 - a.Children: 7–14 years
 - b.Youth: 15–25 years
 - c.Adults: 26–50 years
 - d.Veterans: 51+ years
- Para categories: For disabled participants, races are tailored according to physical ability (with subcategories for limb difference, vision impairment, and others based on medical certificates).

6. Registration Process

- Participants must register online via the Pythian Games Official Portal.
- Information required:
 - Name, age, gender, country
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Video submission link (for online)
- Pay the nominal registration fee (if applicable, waived for some para categories and low-income participants).
- Receive confirmation email with participant ID.

7. Dress Code

- Barefoot only – no footwear, socks, spikes, or wraps allowed.
- Clothing must be modest, appropriate to gender and local customs.
- Optional: Country or state flag insignia on shirt.

8. Categories

Separate medals will be awarded in the following categories:

- Men's General
- Women's General
- Mixed Gender (children only)
- Para Men
- Para Women
- Veterans

Each of these is further divided based on age and distance.

9. How the Game is Played

- Participants start behind the line and race barefoot to the marked finish line.
- In offline mode, official starters and timers oversee the race.
- In online mode, participants must follow video guidelines strictly:
 - Clear start and end markers
 - No cuts or edits
 - Footwear must be visible throughout

10. Jury Panel & Qualifications

- Local level: 3 jury members – at least one with sports certification
- National/International level: 5 jury members
 - Certified athletics coach or physical educator
 - Medical supervisor (esp. for para categories)
 - Legal/ethics observer (for fair play assurance)
 - Videography expert (for online review)
 - Cultural/Community representative (ensures inclusivity)

11. Scoring & Winning Criteria

a. Timing

- Races are time-based.
- Fastest time wins Gold, next Silver, third Bronze.
- Tie: joint medals awarded OR re-race (if feasible and fair).

b. Validity Checks (especially for online mode)

- Video integrity: no cuts, no visual tampering.
- Proper visibility of markers and participant.
- Footwear visible throughout race (no cheating).

12. Other Rules and Regulations

- Foot Health & Safety: Participants must self-assess for cuts or infections before the race.
- No Footwear Clause: Any footwear, padding, or aid leads to disqualification.
- Fair Play: No external help, pushing, or obstruction allowed.
- Weather Adjustment: Offline races can be rescheduled in case of unsafe weather.
- Privacy and Consent: Video submissions are used only for judging and promotion (with consent).
- Medical Support: Available on-site for offline competitions.
- Complaints and Review:
 - Appeals can be filed within 12 hours (online) or immediately (offline).
 - Appeals reviewed by Ethics & Review Board.

13. Inclusivity and Accessibility Focus

- Adapted race formats for para participants:
 - Shorter distances or assisted tracks where needed
 - Wheelchair-friendly circuits (for alternate adapted barefoot experiences)
- Cultural openness: Global naming recognized and celebrated in event promotions
- Equal medal opportunities in all divisions

14. Awards

- Gold, Silver, and Bronze Medals
- Digital participation certificates for all
- Online and Offline winners will be featured in global Pythian Games reports and newsletters
- National winners progress to International Pythian Games Finals

Tricycle Race

(Online & Offline mode)

1. Introduction and Global Recognition

Tricycle racing is a popular recreational and competitive event involving three-wheeled cycles, designed for balance and control. Though often associated with children, the sport has gained global popularity among all age groups, including persons with disabilities, owing to its inclusiveness and fun-driven competitiveness.

The game is known by different names across countries:

- Russia: “Трёхколёсные гонки” (Trekhkolyosnye gonki)
- USA & UK: Trike Race
- Germany: Dreiradrennen
- France: Course de tricycle
- Japan: 三輪車レース (Sanrinsha Rēsu)
- India: Tricycle Daud / त्रि-साइकिल दौड़

As part of the Modern Pythian Games, this event embodies the spirit of accessible sports and cultural joy across borders.

2. Vision of the Event

- To promote physical and recreational engagement for all, including the differently-abled.
- To foster equality, creativity, and competitive spirit in traditional and modern sports.
- To recognize excellence and inclusive participation with Gold, Silver, and Bronze Medals across categories.

3. Game Description

Tricycle Race is a timed or lap-based competition in which participants ride a three-wheeled cycle along a fixed track or guided virtual simulation. It focuses on speed, control, strategy, and fun.

4. Categories of Competition

The event will be held in two formats: Offline (Physical) and Online (Virtual Submission)

Each format will have the following categories:

1. General Participants

- Kids (5–10 years)
- Teens (11–17 years)
- Adults (18–40 years)
- Seniors (41+ years)

2. Participants with Disabilities (Para Categories)

- Children with mobility challenges
- Adults with physical disabilities
- Seniors with assisted mobility needs

Separate medals will be awarded in each category to ensure fair and inclusive recognition.

5. How It Is Played

a. Offline Mode (Physical Event)

- Participants will race on a designated track (indoor/outdoor) with clear start and finish lines.
- Tracks may include curves, gentle slopes, and light obstacles (optional in para categories).
- Race is timed, and winners are decided based on best completion time or heat-based knockout rounds.

b. Online Mode (Virtual Participation)

- Participants record their performance in a local, safe environment.
- A defined track length (e.g., 100m or time-based) will be announced.
- The video must clearly show:
 - Start and end of race
 - Participant, tricycle, and surroundings
 - Timestamp and measurement tools (stopwatch, distance markers)
- Submission through official platform with consent and verification form.

6. Registration Process

- Online Registration via the official Modern Pythian Games portal.
- Participants must submit:
 - Full name, category, age proof
 - Disability certificate (if applicable)
 - Consent form (guardian consent for minors)
 - Video submission guidelines for online entries
- Registration fee (if applicable) must be paid before the deadline.
- A unique participation ID will be generated upon confirmation.

7. Eligibility Criteria

- Open to all nationalities.
- Minimum age: 5 years
- Participants must use approved tricycles (manual or adaptive for para categories).
- No motorized assistance allowed (except in special para sub-category if announced).
- For online mode: video must be clear, authentic, and unedited.

8. Dress Code

- Comfortable sportswear or traditional attire suited for movement.
- Closed shoes or sports footwear required.
- Safety gear: Helmets are mandatory in all physical races.
- Gloves and knee pads recommended.

9. Jury Panel and Qualification

- Jury to include:
 - Sports event referees
 - Representatives from para sports organizations
 - Certified physical trainers or mobility experts
 - Cultural or arts representative (symbolic of Pythian Games integration)

Qualifications:

- Minimum 3 years of experience in community/para sports or recreational events
- Familiarity with inclusive judging standards
- Must sign ethical code of conduct for unbiased judgment

10. Scoring & Winning Criteria

a.Offline Races:

- Speed: Fastest time wins (chronometers used)
- Control: Penalization for off-track moves or missed checkpoints
- Style & Safety: Deductions for unsafe riding

b.Online Submissions:

- Authenticity: Verified environment and continuous footage
- Time Accuracy: Verified stopwatch or digital marker
- Control: Smooth handling and following of course instructions
- Clarity: Proper visibility of participant and route

Final Rankings based on cumulative jury marks and timing.

11. Other Rules & Regulations

• **Transparent Competition Ethics:**

- No tampering or editing of video submissions.
- All physical events monitored by neutral referees.
- Appeal mechanism for scoring disputes (within 48 hours of result announcement).

• **Disqualification Causes:**

- Use of motorized or assisted tricycles without approval.
- Unsporting behavior or misconduct.
- False documentation or identity fraud.

• **Accessibility Measures:**

- Offline venues to be disability-friendly.
- Volunteers/staff trained in assisting differently-abled participants.

• **Medical & Safety:**

- On-site first aid teams for physical events.
- Online entries must be submitted under adult supervision for minors.

• **Cultural Sensitivity:**

- Participants may represent their regional or cultural identity through dress or team names.
- Inclusivity encouraged across all backgrounds.

12. Awards and Recognition

- Gold, Silver, and Bronze Medals for each category
- Certificates of Participation for all valid entries
- Special recognition awards:
 - Best Inclusive Spirit
 - Creative Track Design (Online)

Frog Race

(Online & Offline mode)

1. Introduction & Vision

The Frog Race is a traditional game enjoyed by children and adults across the world for generations. Symbolizing agility, humor, and joy, the game has taken various forms in different cultures. Under the banner of the Modern Pythian Games, the Frog Race is curated as a competitive, inclusive, and celebratory event held in both online and offline formats. Participants will compete for Gold, Silver, and Bronze medals, promoting physical activity, inclusivity, and cultural connection.

2. Global Naming Variations of the Frog Race

The game of Frog Race is known by different names in various countries:

- Russia: Лягушачьи гонки (Lyagushachi gonki)
- India: मेंढक दौड़ (Mendhak Daud)
- USA/UK: Frog Jump or Frog Race
- France: Course de grenouilles
- China: 青蛙赛跑 (Qīngwā sàipǎo)
- South Africa: Padda Wedloop
- Mexico: Carrera de ranas

Despite linguistic and cultural differences, the essence remains the same — hopping like a frog from start to finish!

3. Game Description

Participants imitate the movements of a frog — crouching and hopping forward using both hands and feet. The race is generally conducted over a marked distance. The one who completes the distance fastest, following all the rules, wins.

4. Formats

a. Offline Format

Conducted on a physical ground with real-time jury supervision and audience presence. Participants must perform frog-like jumps across a defined track while maintaining form and fairness.

b. Online Format

Participants submit pre-recorded race videos or join live video-based races through secured platforms. A standard track and camera setup must be followed to ensure fair judging.

5. Eligibility Criteria

- **Age Categories:**
 - Children: 6–12 years
 - Teenagers: 13–17 years
 - Adults: 18–40 years
 - Seniors: 41+ years
- **Special Category:**
 - Para and disabled participants, who may perform the frog movement in adapted forms (like arm-only forward hops or wheelchair-assisted races), evaluated based on movement creativity and effort.
- Open to all nationalities and genders.

6. Registration Process

- Online registration via the official Modern Pythian Games portal or mobile app.
- Upload recent photograph and age proof.
- Indicate whether registering for Online or Offline format.
- Choose category (General or Disabled).
- Pay nominal registration fee (waivers available for special needs participants).
- Receive unique participation ID and confirmation.

7. Dress Code

- Comfortable sportswear or costumes resembling frogs (optional but encouraged for visual appeal).
- No footwear or only soft grip socks (for safety and authenticity).
- Para participants may use specialized gear or props with prior approval.

8. How the Game is Played

a.Offline Mode:

- A 10 to 20-meter race track is marked on grass or mat.
- Participants start on a crouch and hop like frogs to the finish line.
- Disqualification for standing upright or running.
- Best of 3 rounds may be considered in finals.

b.Online Mode:

- Participants use a camera to record a race over a home-defined track (must meet track measurement and quality guidelines).
- Alternatively, perform live in a monitored Zoom/Google Meet session hosted by jury panel.
- Ensure clear visuals, sound, and uninterrupted performance.

9. Categories of Competition

- By Age: Four categories (Children, Teenagers, Adults, Seniors)
- By Ability: General and Disabled divisions
- By Mode: Online and Offline
- By Level: Local, State/National, International

10. Jury Panel

- 3 to 5 members per panel
- At least one sports trainer, one physiotherapist (for disabled category), and one cultural representative from the Modern Pythian Games council.
- For international events, include a neutral international judge.

11. Jury Qualification

- Certified Physical Education Instructors
- Professionals in adaptive physical education for disabled categories
- Cultural and arts-based sports promoters with prior jury experience
- Must attend a training orientation conducted by the Pythian Games Jury Board

12. Scoring Criteria

- Speed: Time taken to complete the race
- Form & Authenticity: Proper frog movement (hands and legs involved, no upright running)
- Balance & Consistency: Consistent hopping without falling or slipping
- Creativity (Special Category): Adaptation and enthusiasm in disabled participants
- Spirit of the Game: Discipline, positivity, and sportsmanship

13. Winning Criteria

- Fastest valid completion time
- Zero rule violations
- Highest total score in case of tie (based on form and spirit)

14. Medals

- Gold: 1st Place
- Silver: 2nd Place
- Bronze: 3rd Place
- Certificates of participation and excellence will be given to all finalists.

15. General Rules & Regulations

1. Participants must follow the frog movement style throughout the race.
2. No external aid or propulsion allowed (except approved for disabled category).
3. Judges' decisions are final and binding.
4. In case of injury, participants must immediately stop — safety is paramount.
5. Video submissions for online mode must be unedited, continuous, and dated.
6. Participants must report 30 minutes before their slot (offline) or login 15 minutes before (online).
7. Unsportsmanlike behavior will result in disqualification.
8. Any form of misrepresentation (age, category, etc.) will lead to disqualification.
9. Only registered and approved costumes/gear allowed.
10. Appeals, if any, must be filed within 1 hour of result declaration with supporting proof.

16. Transparency & Fairness Measures

- All races are recorded and archived for review.
- Digital time-tracking for offline events.
- Online submissions reviewed by at least two independent jurors.
- Open results with score explanations on Pythian Games website.
- Feedback portal for grievances and improvement.

One Leg Race Competition

(Online & Offline mode)

1. Vision

The One Leg Race under the Modern Pythian Games celebrates agility, balance, and determination, uniting participants globally across all abilities. This event promotes inclusivity by enabling both able-bodied and disabled athletes to compete fairly in online and offline formats. It seeks to revive traditional physical challenges, fostering camaraderie and healthy competition among nations. Through this event, we inspire perseverance and resilience, core values of the ancient Pythian spirit.

2. Alternate Names Across the World

The One Leg Race is a traditional game known by different names globally:

- India: Ek Paon Daud (One Leg Race)
- Russia: Бег на одной ноге (Beg na odnoy noge)
- United States/UK: One Leg Hop Race
- Japan: 片足走り競争 (Kataashi Hashiri Kyousou)
- Mexico: Carrera en un pie
- Nigeria: Hop Race

This event embraces these cultural variations while maintaining a unified global competition format.

3. Description of the Game

The One Leg Race is a short-distance race where participants hop or run on a single leg from start to finish, testing balance, coordination, and speed. The race distance typically varies between 20 to 50 meters depending on the age group and competition level.

4. How It Is Played

a. Offline Mode

- Setup: A clearly marked straight track of specified length is prepared on flat, non-slippery ground.
- Start: Participants stand behind the starting line on one leg.
- Race: On the signal, they hop/run on their preferred leg towards the finish line.
- Finish: The first participant to cross the finish line on one leg without touching the ground with the other foot wins.

b. Online Mode

- Platform: Participants record their race in a single continuous video and upload it via the official event portal.
- Video Requirements: The full race, including start and finish, must be clearly visible. The camera should capture the participant's full body and the marked track.
- Verification: Video footage is reviewed by the jury panel to confirm rules compliance.
- Timing: Participants use a stopwatch app visible in the video or the race is timed by video timestamp.

5. Registration Process

- Participants register online via the official Modern Pythian Games portal.
- Required details: Full name, age, country, category (general or disabled), preferred leg for hopping, and contact information.
- Upload a medical certificate or declaration of fitness for physical participation.
- Consent to video recording and fair competition rules is mandatory.
- Registration closes 15 days prior to the event date.

6. Eligibility

- Open to participants aged 6 years and above.
- Separate categories for:
 - General (able-bodied)
 - Disabled participants (including those with physical disabilities affecting limbs)
- Participants must be physically fit and able to hop on one leg safely.
- Participants must have parental/guardian consent if under 18.

7. Dress Code

- Comfortable sportswear or traditional attire that does not hinder movement.
- Footwear is optional but must not provide unfair advantage (e.g., no spring-loaded shoes).
- Safety gear such as knee pads or elbow guards is allowed and encouraged.
- National or cultural dress is permitted for offline events with jury approval.

8. Categories

- **Age Groups:**
 - Children: 6–12 years
 - Teens: 13–17 years
 - Adults: 18–40 years
 - Seniors: 41+ years
- **Participation Type:**
 - General (able-bodied)
 - Disabled (sub-categories based on disability types, e.g., limb impairment)
- **Mode:**
 - Offline physical race
 - Online video submission race

9. Jury Panel

- The jury consists of 5 members:
 - At least 2 certified sports judges with experience in athletics or traditional games.
 - 1 expert in disabled sports to ensure fairness in disabled categories.
 - 1 representative from the event organizing committee.
 - 1 technical judge specializing in video verification for online mode.

10. Jury Qualifications

- Judges must have certification or demonstrable experience in sports adjudication.
- Experts in disability sports must have recognized credentials or affiliations.
- Jury members must undergo conflict of interest disclosure prior to the event.
- Online technical judges must be trained in video analysis and timing verification.

11. Scoring Criteria

- Time: Primary factor. The fastest participant to complete the race correctly wins.
- Rule Compliance: Points deducted or disqualification if participants:
 - Touch the ground with the other foot.
 - Use hands or other body parts to gain unfair advantage.
 - Cross the finish line using both feet.
- Balance and Form: (Offline only) Minor points awarded for smoothness and control but secondary to timing.
- Video Verification: Online races are judged strictly on visible compliance and timing accuracy.

12. Winning Criteria

- Gold, Silver, and Bronze medals awarded per category and mode.
- Winners must have a valid race time and clear rule compliance.
- In case of tie timings, a re-race or tie-breaker video submission may be requested.
- Disqualifications will be publicly noted in final results.

13. Other Rules and Regulations

- Participants must report at least 30 minutes before offline race start.
- False declarations or attempts to cheat lead to immediate disqualification and possible ban.
- Online participants must ensure videos are unedited and time-stamped.
- Jury decisions are final and binding.
- Safety first: Any injuries during the race must be reported immediately. Organizers are not responsible for participant injuries.
- The event adheres to international sports ethics and inclusivity policies of the Modern Pythian Games.
- Anti-doping rules apply to offline participants.
- Participants must respect all officials, fellow competitors, and event staff.

14. Transparency and Fairness Measures

- All race timings and scores will be published on the official website.
- Jury meeting minutes and decision rationales will be available for review upon request.
- Online video submissions are randomly checked by an independent committee for authenticity.
- Complaints and appeals can be submitted within 24 hours post-results, with a formal review process

Sack Race

(Online & Offline mode)

1. Introduction and Vision

The Sack Race, a classic game enjoyed worldwide, is included in the Modern Pythian Games to celebrate community spirit, agility, and competitive fun, uniting participants of all abilities across nations. This event honors traditional roots while embracing modern technology through an inclusive format available both online and offline.

Known by various names globally, including “мешок бер” (Meshok Beg) in Russia, “sacco salto” in Italy, “course en sac” in France, and simply “Sack Race” in English-speaking countries, this competition invites athletes to showcase balance, speed, and endurance while hopping inside a sack toward a finish line.

The event promotes equality by providing separate categories for general participants and those with disabilities, awarding gold, silver, and bronze medals for excellence.

2. Description of the Game

The Sack Race is a sprint where participants place both legs inside a sack (typically burlap or canvas), then hop forward toward a designated finish line. The first to cross the line without falling or stepping out of the sack wins.

3. How the Sack Race is Played

a.Offline Mode:

- Participants line up at a starting line with sacks.
- At the starting signal, all participants hop forward inside their sacks to reach the finish line.
- The race is usually held on a flat, safe surface like grass or gymnasium floor.
- If a participant falls, they must get up and continue without leaving the sack.
- The first three to cross the finish line in each category receive medals.

b.Online Mode:

- Participants join via video conferencing platforms or dedicated competition apps.
- Each participant conducts the race at their own location with an official observer (family member, coach, or event official) who verifies compliance and records timing.
- The race track should be pre-measured and confirmed (minimum 10 meters recommended).
- Participants stream live or submit recorded videos under supervised conditions.
- Results are submitted to the competition committee for verification.

4. Registration Process

- Registration opens online via the official Modern Pythian Games portal.
- Participants must fill out a detailed form including personal information, category selection (general or disabled), and consent for competition rules.
- For disabled participants, proof of disability status is required via a medical certificate.
- Registration closes 10 days prior to the event.
- Confirmation emails with instructions are sent upon successful registration.

5. Eligibility Criteria

- Open to individuals aged 7 years and above.
- Separate categories for:
 - General participants (any able-bodied competitor)
 - Disabled participants (physical disabilities affecting mobility)
- Participants must be registered citizens or residents of the countries represented.
- All participants must agree to the code of conduct and competition rules.

6. Dress Code

- Comfortable athletic wear suitable for hopping movement.
- Closed-toe shoes or barefoot (based on local safety norms).
- Sack provided by the organizer in offline events; online participants must use sacks of comparable size and material (minimum 50 cm width, 75 cm height).
- Medals and badges will be awarded according to the category and ranking.

7. Categories

- Age divisions:
 - Junior (7-12 years)
 - Youth (13-18 years)
 - Adult (19-40 years)
 - Senior (41+ years)
- Physical Ability Divisions:
 - General category
 - Disabled category (participants with documented mobility impairments)

8. Jury Panel and Qualifications

- The jury panel consists of a minimum of 5 judges appointed by the Pythian Games organizing committee.
- Judges must have expertise in athletic event management, fair play, and familiarity with accessibility standards.
- The jury oversees registration validation, rule enforcement, scoring, and dispute resolution.
- Online jury members review video submissions and live streams to ensure compliance.
- Jury decisions are final and binding.

9. Scoring Criteria

- Time to finish line: Fastest time determines ranking.
- Rule compliance: Participants must remain inside the sack and hop; stepping out or walking results in penalties.
- Fair play: Any deliberate obstruction or unfair behavior leads to disqualification.
- For online participants, video clarity and official observer certification affect scoring validity.

10. Winning Criteria

- Participants with the three fastest valid times in each category and age division receive medals:
 - Gold for 1st place
 - Silver for 2nd place
 - Bronze for 3rd place
- In case of a tie, a re-race or time-off challenge will be conducted.
- All winners will be recognized in the official Pythian Games awards ceremony, with digital certificates provided to online participants.

11. Other Rules and Regulations

- All participants must respect fellow competitors and officials.
- No assistance is allowed during the race except for physical aid provided to disabled participants with prior approval.
- Online participants must ensure internet connectivity and proper camera setup.
- Offline venues must comply with local safety protocols and accessibility standards.
- The competition is governed by anti-doping and fair competition policies.
- Any disputes must be submitted in writing within 24 hours after results declaration.
- Organizers reserve the right to amend rules for safety or fairness.
- Use of performance-enhancing devices (e.g., special sacks, prosthetics outside approved categories) is prohibited.

Bagatur Competitions

(Celebrating the Warrior Traditions of Equestrian and Martial Excellence)

1. Historical Background of Bagatur

Bagatur is a historic martial tradition rooted in the warrior ethos of the ancient steppe civilizations, notably among Turkic, Mongolic, and various Eurasian nomadic peoples. The term "Bagatur" (also spelled Batyr, Baghatur, Bahadur, or Batır) refers to a heroic warrior — a noble and courageous fighter. Historically, Bagaturs served as elite horsemen, archers, and swordsmen, embodying the values of honor, skill, and sacrifice in defense of their tribes and nations.

As a cultural martial art, Bagatur combines weapon mastery, equestrian agility, close combat techniques, and philosophical warrior codes. With roots tracing back to the Huns, Scythians, Turks, and Mongols, it has evolved over centuries into ceremonial displays, martial reenactments, and codified sport practices.

2. Vision of the Modern Pythian Games

The Modern Pythian Games aim to bring traditional martial cultures to the global stage, transforming them into recognized international sports. Through Bagatur competitions, the Pythian movement envisions preserving and promoting indigenous martial knowledge while fostering intercultural appreciation and athletic excellence. Bagatur, as reintroduced through the Modern Pythian Games, is not merely a combat form — it is a cultural legacy.

3. Global Names and Variants of Bagatur Traditions

Bagatur and its variants are practiced or recognized under different names in many regions. Some known equivalents include:

- Russia, Kazakhstan, Kyrgyzstan: Батыр (Batyr), Baghatur – folk hero and warrior games
- Mongolia: Баатар (Ba'atar) – a revered warrior figure
- Turkey and Turkic Regions: Bahadır – meaning brave or hero, appearing in both folklore and combat practices
- India (Northern Tribal Regions): Vir Yodha or Daanveer traditions
- Iran and Central Asia: Pahlavan – a heroic wrestler or warrior
- China (Inner Mongolia): Yisa'er – local adaptation of steppe martial games
- Bulgaria, Hungary: remnants of warrior games influenced by Turkic-Mongol cultures

Bagatur-inspired martial sports are now practiced in over 30 countries, including:

- Kazakhstan
- Russia
- Mongolia
- Turkey
- Kyrgyzstan
- Uzbekistan
- India
- China (Inner Mongolia)
- Iran
- Azerbaijan
- Bulgaria
- Hungary
- Ukraine
- Georgia
- Armenia
- Germany
- Poland
- France
- United States
- Canada
- South Korea
- Japan
- United Kingdom
- United Arab Emirates
- Nepal
- Sri Lanka
- Bangladesh
- Bhutan
- Lithuania
- Pakistan

4. Modern Pythian Games – Bagatur Competition Rules and Regulations

1. Competition Disciplines

Bagatur events in the Modern Pythian Games are categorized into the following primary disciplines:

a. Solo Warrior Skills Display

1. Weapon mastery (sword, spear, axe, bow)
2. Precision drills and kata-like sequences
3. Traditional war cries and martial symbolism

b. Combat Sparring (Simple fight, point fighting)

1. Controlled full-contact sparring with safety weapons
2. Protective gear mandatory
3. Judged based on technique, control, and cultural expression

c. Mounted Combat Demonstration (optional, where facilities allow)

1. Equestrian handling
2. Mounted archery or lance combat
3. Costume and historical accuracy rewarded

d. Cultural Showcase Segment

1. Traditional warrior dance or ritual
2. Historical storytelling or poetic tribute to a hero or clan
3. Optional costume and gear presentation

2. Age Categories

1. Sub Junior Warriors under 5 years
2. Sub Junior Warriors under 6 years
3. Sub Junior Warriors under 7 years
4. Sub Junior Warriors under 8 years
5. Sub Junior Warriors under 9 years
6. Sub Junior Warriors under 10 years
7. Sub Junior Warriors under 11 years
8. Sub Junior Warriors under 12 years
9. Sub Junior Warriors under 13 years
10. Sub Junior Warriors under 14 years
11. Junior Warriors under 15 years
12. Junior Warriors under 16 years
13. Junior Warriors under 17 years
14. Cadet Warriors from 17 to 19 years
15. Cadet Warriors from 19 to 21 years
16. Senior Warriors from 21 to 24 years
17. Senior Warriors from 24 to 26 years
18. Senior Warriors from 26 to 31 years
19. Senior Warriors above 31 years

3. Attire and Equipment

- Participants must wear traditional warrior attire inspired by their cultural background.
- Weapons must be safe, practice-grade replicas made of wood, rubber, or blunt steel (depending on the event).
- Use of live steel is prohibited in sparring events.
- Helmets, arm guards, and chest protection are mandatory in combat events.

4. Safety Guidelines

- All sparring and displays must be supervised by certified referees.
- Immediate medical support must be present at the venue.
- Unsafe conduct will result in disqualification.
- Each participant must sign a consent and declaration form prior to the event.

5. Judging Criteria

Events will be evaluated based on a 10-point system across the following categories:

- Technique: Execution of movements and martial precision
- Cultural Integrity: Authenticity in attire, rituals, and forms
- Spirit and Presentation: Energy, discipline, and stage presence
- Control and Safety: Mastery without excessive aggression
- Creativity (in Cultural Showcase only): Originality and expression of heritage

6. Judging Panel Format

Each judging panel will consist of 5–6 individuals:

- One martial arts expert
- One cultural historian or folklore specialist
- One performance or presentation specialist
- Two rotating members from the Pythian Games Advisory Council

7. General Rules

Time limit for each segment will be 3–5 minutes.

Each participant/team must report 30 minutes before their scheduled slot.

Verbal disrespect, unsporting conduct, or non-cooperation with judges will result in penalty points or disqualification.

The decision of the judges is final and binding.

8. Organizer Protection Clause

The organizing committee of the Modern Pythian Games holds the right to:

Amend rules with prior notice

Disqualify any participant on safety or ethical grounds

Limit entries per region/nation to ensure diversity

Use event footage and photography for promotional purposes

9. Ethical and Cultural Guidelines

Participants must respect all cultures and must not misrepresent or mock traditions.

Use of inappropriate slogans, symbols, or actions is strictly prohibited.

The games serve as a platform for harmony, dignity, and cultural valor.

10. Awards and Recognition

Gold, Silver, and Bronze Pythian Medals for each category

Cultural Warrior Title of the Year (based on overall impact)

Certificate of Participation and digital souvenirs

Selected participants may be invited to international cultural exchange programs

Balloon Shooting Competition

(Airgun/Air Rifle Balloon Target Shooting)

1. Introduction and History

Balloon Shooting is a precision-based recreational and competitive activity that involves shooting air-filled balloons from a distance using airguns or air rifles. Its roots can be traced back to informal village fairs, carnivals, and training drills used by shooting clubs to improve aim and trigger control. Over time, this fun fair game evolved into a recognized marksmanship sport in several parts of the world.

The Modern Pythian Games recognize Balloon Shooting as a unifying, inclusive, and skill-based sport that celebrates focus, hand-eye coordination, and mental composure. Our mission is to promote Balloon Shooting as a cultural and competitive event with standardized international rules, creating a global platform for youth and enthusiasts to showcase their talents.

2. Vision of Modern Pythian Games

- To revive traditional and recreational target sports through international standardization.
- To provide a platform for safe, non-violent, skill-based shooting competitions.
- To integrate shooting culture with performing arts and traditional sports.
- To make Balloon Shooting accessible, competitive, and recognized globally under a unified banner.
- To encourage participation across all age groups with a focus on safety, discipline, and sportsmanship.

3. Global Names and Regional Variants of Balloon Shooting

Balloon Shooting is known by different names and variations across the world, such as:

- Balloon Blasting (USA)
- Target Ballon Tir (France)
- Ballonschießen (Germany)
- Globo Tiro (Spain/Latin America)
- Ballonenschieten (Netherlands)
- Palloncini Sparo (Italy)
- Airgun Balloon Challenge (UK)
- Tiro al Globo (Mexico, Chile)
- Shooting Gallery Balloon Pop (Carnivals worldwide)

Though mainly popular as a fun fair or local shooting club activity, balloon shooting-style games are practiced in over 40 countries, including the United States, India, Germany, France, Russia, Japan, South Korea, Italy, Australia, and several nations in Latin America and Southeast Asia.

4. Categories of Competition

1. Junior Category: Ages 8–15 (under parental supervision)
2. Youth Category: Ages 16–21
3. Open Category: Age 22 and above
4. Specially-Abled Category: Open to participants with physical disabilities
5. Mixed Team Events: Pairs or groups of 3 (optional in national/international rounds)

5. Eligibility

- Must submit valid ID proof and age verification.
- Must pass a basic safety and handling test prior to participation.
- Participants under 18 must have parental or guardian consent.
- Open to all nationalities and genders.

6. Rules and Regulations

1. Equipment

- Only .177 caliber (4.5 mm) air rifles or air pistols are permitted.
- Weapons must not exceed 7.5 joules in muzzle energy.
- Iron or open sights only. No scopes allowed.
- Equipment is subject to inspection by the organizing committee.

2. Balloons and Target Setup

- Standardized balloon size: 6–8 inches diameter (inflated)
- Distance from shooting point: 10 meters (for pistol), 15 meters (for rifle)
- Number of balloons: 10 per round
- Balloons are mounted on a rigid board or fixed frame
- Color-coded balloons may indicate bonus or penalty targets

3. Competition Format

- Qualifying Round: Each participant gets 1 minute to shoot all 10 balloons.
- Knockout or Time Trial Round: Fastest and most accurate shooters advance.
- Final Round: Top shooters compete for speed and precision.

4. Scoring System

- Each balloon burst = 10 points
- Time-based tie-breaker: Faster completion gets the edge
- Penalty for hitting outside the target zone or safety violations: -5 points

5. Safety Guidelines

- Eye protection is mandatory for all shooters.
- No loaded gun may be pointed in any direction other than the target zone.
- Guns must be loaded only at the designated shooting point.
- Referees may disqualify participants for unsafe conduct.

6. Judging and Refereeing

- Judges will include certified range safety officers and experienced shooters.
- Real-time scoring, verification of targets, and stopwatch timing.
- Appeals can be made within 5 minutes of score announcement.

7. Disqualification Criteria

- Tampering with equipment or targets.
- Use of unauthorized firearms or ammunition.
- Breach of safety or misconduct with referees or other players.
- False age claims or ID submissions.

8. Awards and Recognition

- Trophies and medals for winners and runners-up in each category.
- Certificates of Merit to all qualified participants.
- National and International rankings for top scorers.
- Selection opportunity for future cultural or sports delegations.

9. Ethical and Legal Compliance

- Participants must follow all national firearm and safety laws.
- No animal targets, offensive symbols, or harmful materials allowed.
- Balloon Shooting must remain a non-violent, peace-promoting competition.

Balloon Dart Competition

(Online and Offline mode)

1. International Naming Variations

The Balloon Dart competition is known differently across the world:

- Balloon and Dart Game (USA, UK)
- Balloon Pop Challenge (Canada, Australia)
- Dart Ballon Game (Germany, Netherlands)
- Globo Dardo (Spain, Latin America)
- Ballon-Pfeil-Spiel (Austria, Switzerland)
- Ballon Dart Tir (France)
- Dart Balloon Mela (India, South Asia)

2. Competition Overview

The Balloon Dart Competition is a recreational precision-based contest where participants throw darts to burst balloons for points. It combines concentration, hand-eye coordination, and strategic aim.

The competition is designed to be fun, inclusive, and artistic. Balloons may be decorated, color-coded for points, or placed to form visual patterns or artistic scenes.

3. Modes of Competition

1. Offline (On-ground event)

- Conducted in cultural fairs, open arenas, schools, clubs, or public spaces.
- Safety protocol must be followed, especially when using real darts.

2. Online (Virtual participation)

- Participants record a video of their performance as per given rules.
- Background should clearly show the dartboard/balloons setup.
- Live sessions may also be organized.

4. Types of Competitions

- **Standard Balloon Burst** – Points for each balloon popped.
- **Color Code Challenge** – Balloons of different colors carry different scores.
- **Artistic Pattern Pop** – Balloons arranged in creative shapes; participant must target specific shapes or sequences.
- **Disability-Friendly Adaptive Format**
 - Seated or wheelchair-accessible setups.
 - Use of adaptive darts or throwing aids allowed.
 - Time extensions or guided assistance (verbal or mechanical) permitted.

5. Eligibility Criteria

1. Open to all individuals worldwide.
2. Age Categories:
 - Juniors (6–12 years)
 - Youth (13–18 years)
 - Adults (19–59 years)
 - Seniors (60+ years)
3. Special Categories:
 - Para/Disabled Artists
 - Must have disability certificate or declaration.
 - Inclusive design with custom aids permitted.
4. Participants may represent:
 - Schools
 - Cultural organizations
 - Clubs or societies
 - Individual entries

6. Judging and Jury Format

- Jury Panel to consist of:
 - 3 to 5 Experts from Traditional Games, Arts & Sports background
 - At least 1 representative for inclusion and accessibility
- Jury Responsibilities:
 - Ensure fair scoring and rule compliance
 - Can consult public opinion for final awards

7. Public Voting Channels (optional, at Jury's discretion):

- Offline: Raise of hands at live venue.
- Online:
 - Pythian Games Website Voting
 - Pythian Mobile App Voting
 - SMS Voting (Short Code-Based)
- Public vote can account for maximum 20% of the final score if activated.

8. Marking Criteria (Total: 100 marks)

1. Accuracy (30 marks)

- Number of balloons burst as per rules.

2. Technique and Skill (20 marks)

- Dart throwing form, control, and grip.

3. Creativity in Target Selection (10 marks)

- Smart targeting or artistic balloon patterns (if applicable).

4. Time Efficiency (10 marks)

- Finishing within allocated time (e.g., 1 to 2 minutes).

5. Difficulty Level Chosen (10 marks)

- Higher points for choosing tougher layouts or smaller balloons.

6. Presentation and Decor (10 marks)

- Neat, colorful, and well-arranged balloon setup, especially in online mode.

7. Audience Engagement or Fun Element (10 marks)

- Expressiveness, enthusiasm, costume, and showmanship.

9. Awards and Recognition

- Gold, Silver, Bronze Medals in each age and category (offline and online).
- Special Appreciation Awards:
 - Most Creative Setup (online)
 - Best Inclusive Participation (para/disabled)
 - Most Popular Participant (based on public voting)
- Digital Certificates for all participants.
- Global Participation Badges under Pythian Games digital record.

10. General Rules and Guidelines

- Darts must be safe, with rounded tips if used by children or in schools.
- Balloon boards must be pre-approved (or design submitted for online mode).
- Participant must stand at designated distance (age-appropriate).
- Use of helpers is permitted only in para categories and must be disclosed.
- No editing of video in online mode; continuous footage required.
- Any unsafe behavior leads to disqualification.

Balloon Shooting Competition

(Airgun / Air Rifle Balloon Target Shooting)

1. Introduction and History

Balloon Shooting is a precision-based recreational and competitive activity involving the shooting of air-filled balloons from a set distance using airguns or air rifles. Its origins lie in informal village fairs, carnival games, and basic training exercises used by shooting clubs to enhance aim and trigger control.

Over time, this playful activity has evolved into a recognized marksmanship sport in various parts of the world. The Modern Pythian Games celebrate Balloon Shooting as an inclusive, skill-based competition that promotes focus, hand-eye coordination, and mental discipline. It is our mission to establish Balloon Shooting as a standardized cultural and competitive event with international rules, offering a global platform for youth, adults, and para-athletes to showcase their talent.

2. Rules and Regulations

a. Equipment

- Only .177 caliber (4.5 mm) air rifles or air pistols are permitted.
- Weapons must not exceed 7.5 joules of muzzle energy.
- Iron or open sights only – no scopes or laser sights allowed.
- All equipment is subject to inspection and approval by the organizing committee.

b. Balloons and Target Setup

- Standard balloon size: 6–8 inches in diameter (inflated).
- Shooting distances:
 - 10 meters for pistols.
 - 15 meters for rifles.
- Each round includes 10 balloons.
- Balloons are mounted on a fixed frame or rigid board.
- Color-coded balloons may be introduced to represent bonus or penalty targets.

c. Competition Format

- Qualifying Round: Each participant has 1 minute to shoot all 10 balloons.
- Knockout / Time Trial Round: Fastest and most accurate shooters advance.
- Final Round: Top qualifiers compete for speed and precision under pressure.

d. Scoring System

- Each balloon burst = 10 points.
- Time-based tie-breaker: Shorter completion time wins in case of equal points.
- Penalty of -5 points for:
 - Hitting outside the designated target zone.
 - Safety violations.

3. Global Cultural & Local Names

Balloon Shooting is celebrated in different cultures and known by various names around the world:

- India: “Balloon Shooting” / “Gubbare Baazi”
- USA & UK: “Carnival Balloon Popping”
- Japan: “Fusen Uchi” (Balloon Target Shooting)
- Mexico: “Tiro de Globos”
- Germany: “Luftballon-Schießen”
- France: “Tir aux ballons”
- Brazil: “Tiro ao Balão”
- Russia: “Стрельба по шарам” (Strel'ba po sharam)
- Africa (varies by region): “Balloon Target Challenge”

4. Competition Categories

Age-Based Divisions

- Under 12 years
- 13 to 17 years
- 18 to 35 years
- 36 to 60 years
- Above 60 years (Senior Citizens)
- Para/Disabled Category (All ages, based on functional ability)

5. Type-Based Divisions

- Individual (Male / Female / Other)
- Team Events (2 to 4 members)
- Mixed Ability Teams (Disabled and able-bodied participants together)

6. Eligibility Criteria

- Open to all national and international participants.
- Valid ID proof and age certificate are required at registration.
- Para/disabled participants must provide valid disability certification.
- Online participants must:
 - Submit high-quality, unedited video entries OR
 - Join live competitions via authorized platforms (Zoom, Pythian Games App).
- Only approved equipment may be used.

7. Judging & Jury

Jury Composition

- 1 Senior Judge from traditional or recreational sports
- 1 Member from Para Sports Federation / Inclusive Games Expert
- 1 Technical Officer (for equipment and video verification)
- 1 Youth/Public Engagement Representative (optional)

Public Participation in Judging

For online and hybrid events, the audience may participate in judging through:

- Pythian Games Official Website
- Mobile App Voting
- In-person voting (by hand-raising or placards)
- SMS Voting (mobile number announced during the event)

Note: Public votes do not affect technical scores but will determine the Public Choice Award.

8. Awards & Recognition

- Gold, Silver, and Bronze Medals for each category and age group
- Public Choice Award – based on audience votes
- Best Para Performer Award – recognizing excellence among disabled participants
- Creative Excellence Award – for most unique performance (especially in online mode)
- Participation Certificates for all registered entrants
- Pythian Talent Badges – awarded via Pythian Games mobile app
- Champion Trophies – at state, national, and international levels

9. Safety & Ethical Guidelines

- No real firearms are allowed at any stage.
- Children must be under adult supervision at all times.
- All equipment must be inspected and cleared before use.
- Participants must uphold fair play, safety, and sportsmanship.
- Online submissions must not be edited or manipulated in any form.
- Organizers have the right to disqualify entries for:
 - Misconduct
 - Safety breaches
 - Violations of rules or ethics

10. Special Provisions for Disabled Participants

The Modern Pythian Games encourage the full participation of artists with disabilities, offering:

- Use of customized shooting aids, including:
 - Mouth-activated triggers
 - Wheelchair mounts
 - Adaptive seating or standing support
- Assistance permitted for setup only, not for aiming or shooting.
- Separate scoring and award categories ensure fair recognition.
- Alternative formats such as:
 - Balloon Bursting by Touch
 - Balloon Dart Drop
 - may be introduced for participants with limited motor control or sensory impairments.

Carrom Board Competition

(Offline & Online Format)

1. Introduction and History

Carrom is a tabletop game of South Asian origin, played by flicking a striker disc to pocket smaller discs (carrom men) into the board's four corner pockets. Traditionally played in homes, clubs, and community centers, Carrom has now evolved into a recognized international mind-sport, demanding accuracy, strategy, and coordination. The Modern Pythian Games recognize Carrom as a culturally rooted, accessible, and inclusive sport for all ages and abilities. It promotes discipline, focus, and strategic thinking. Carrom is widely loved across many countries under various local names and formats.

2. Global Names and Cultural Variations

- India/Nepal/Bangladesh/Sri Lanka: "Carrom"
- Pakistan: "Carrom Board" or "Karrom"
- Malaysia/Singapore: "Karom"
- Middle East: "Carom"
- Europe: "Finger Billiards" (often informal reference)
- Indonesia: "Karambol"
- Africa (West Africa): Known but played with regional variations
- USA/UK (diaspora communities): "Carrom"

3. Competition Format

Modes of Play

- **Offline Competitions:** Held at schools, community halls, cultural centers, or during festivals and sports meets.
- **Online Competitions:**
 - Via live video play (using standardized cameras and referee supervision)
 - Or through verified game-play apps/web platforms approved by the Pythian Council

Match Format

- Singles (1 vs 1)
- Doubles (2 vs 2)
- Team Play (Mixed format possible in knockout style)

4. Competition Categories

Age-Based Divisions

- Under-12
- 13 to 17 years
- 18 to 35 years
- 36 to 60 years
- Above 60 years (Senior Citizens)
- Para/Disabled Category (all ages, based on functional ability)

Type-Based Divisions

- Individual (Male / Female / Other)
- Doubles (Men / Women / Mixed)
- Mixed Ability Teams (able-bodied and disabled participants together)

5. Eligibility Criteria

- Open to national and international players.
- Valid ID and age proof required at registration.
- Para/Disabled players must submit disability certification.
- For online entries:
 - Live video supervision or
 - Pre-recorded video with unedited, full-table angle mandatory.
- Online participants may also compete using authorized carrom apps (to be specified).
- Players must bring or use approved standard-sized carrom boards and coins (offline).

6. Rules and Regulations

Carrom Equipment

- Standard wooden carrom board (approved size: 74cm x 74cm playing area)
- Carrom coins: 9 white, 9 black, 1 red (queen)
- Striker: 3.8 cm to 4.1 cm in diameter
- Powder (non-toxic) permitted only in offline settings
- For disabled participants: modified boards/strikers allowed

Basic Rules of Play

- Toss/coin flip to decide break
- Objective: Pocket all coins of assigned color and then the queen (with cover)
- Fouls include:
 - Pocketing opponent's coin
 - Pocketing striker
 - Moving or touching coins illegally
- First player/team to reach 25 points or win best of 3 boards wins the match
- Queen must be covered (pocketed with own coin) to be valid

Adaptations for Disabled Participants

- Allowed to play with modified striker, board height, or seating
- Assistance allowed in setup, not in striking
- Blind players can use tactile boards or partner guidance systems

7. Judging & Jury

Jury Composition

- 1 Senior Carrom Federation/Umpire Representative
- 1 Inclusive Games Expert / Para Sports Advisor
- 1 Technical Referee (equipment, time, and scoring supervisor)
- 1 Youth/Public Jury Representative (optional)

Public Participation (Hybrid Events)

- Public may vote for:
 - “Most Stylish Player”
 - “Best Comeback”
- Voting methods:
 - Pythian Games App
 - Website Poll
 - In-person (claps, placards)
 - SMS Voting

Note: Public votes will not affect match outcomes but will decide Public Choice Awards.

8. Scoring System

- Pocketing own coin: 1 point
- Pocketing queen with cover: 5 points
- Fouls: -1 point or re-pocketing
- Time violation: -1 point or warning
- Online matches: Must follow timer and live supervision rules

In team matches, total team score or number of boards won determines the winner.

9. Awards & Recognition

- Gold, Silver, Bronze Medals in each age and type category
- Best Para Performer Award
- Public Choice Award (voted by audience)
- Best Comeback Award
- Creative Excellence Award (especially for online stylized play)
- Certificates of Participation
- Talent Badges on Pythian App
- State/National/International Champion Trophies

10. Safety & Ethical Guidelines

- Players must maintain clean, respectful sportsmanship.
- No abusive behavior, arguments, or unsporting conduct tolerated.
- Boards, coins, and strikers must be inspected before play.
- No editing or tampering of online submissions allowed.
- Children should be under supervision.
- Organizers hold the right to disqualify or suspend any participant on ethical grounds.

11. Special Provisions for Disabled Artists

- Modified equipment (larger striker, lower boards, hand supports) permitted.
- Tactile or auditory adaptations allowed for visually impaired participants.
- Motor-impaired players may use arm/foot-assisted strikers (on approval).
- Coaches/helpers allowed to set up coins but not assist in striking.
- Dedicated award categories ensure equal visibility and recognition.

Bodybuilding Competition

(Offline & Online Format)

1. Introduction and History

Bodybuilding is the art and discipline of developing muscle mass, definition, and symmetry through resistance training, nutrition, and mental discipline. Historically rooted in ancient practices like Greek "Kalokagathia" and Indian "Vyayam Shala" culture, modern bodybuilding gained global popularity in the 20th century as both a competitive sport and a form of artistic physical expression.

The Modern Pythian Games recognize Bodybuilding as a unique combination of strength, aesthetics, control, and cultural expression. This competition promotes natural bodybuilding, focusing on health, discipline, and inclusion. The event welcomes all genders, age groups, and abilities, providing a global platform for fitness enthusiasts and para-athletes alike.

2. Global Names & Cultural Context

Bodybuilding has different names and forms across the world:

- India: "Sharir Nirman", "Body Show"
- USA/UK: "Bodybuilding", "Physique Competition"
- Brazil: "Fisiculturismo"
- Russia: "Бодибилдинг" (Bodibilding)
- Germany: "Körperbau-Wettbewerb"
- China: 健美比赛 (Jiànměi bǐsài)
- Japan: ボディビル (Bodibiru)
- Middle East: "مسابقة كمال الأجسام" (Musabaqat Kamal al-Ajsam)

3. Categories of Competition

Age-Based Divisions

- Under 18 (Junior)
- 18 to 35 (Senior)
- 36 to 50 (Masters)
- Above 50 (Legends)
- Para/Disabled Category (All ages, classified by functional ability)

Type-Based Divisions

- Individual – Men
- Individual – Women
- Other Genders / Inclusive Division
- Mixed Posing Pairs (Open)
- Para Bodybuilding – Standing / Seated / Wheelchair

Presentation Types

- Standard Posing Round
- Free Routine Round (Choreographed with music)
- Cultural Expression Round (Optional: Display of physique with ethnic/traditional attire)

4. Eligibility Criteria

- Open to national and international participants.
- Participants must submit:
 - Age and identity proof.
 - Medical clearance certificate.
 - Consent form (for online/public sharing).
 - Para athletes must submit official disability classification.
- For online competitions: High-quality unedited video (minimum 1080p) with full front, back, and side poses in proper lighting.

5. Rules & Regulations

General Guidelines

- Natural bodybuilding only – random drug testing may be conducted.
- Posing suits must follow modesty guidelines and be approved.
- Tanning is allowed but must be even and not excessively dark.
- No body oils or substances that stain stage or costume.
- Online entries must show:
 - Front, back, side poses.
 - One-minute freestyle routine.
 - Short personal introduction.

Posing Requirements

- Mandatory Poses (Men): Front Double Biceps, Back Double Biceps, Side Chest, Side Triceps, Abdominals & Thighs, Most Muscular.
- Mandatory Poses (Women): Front Pose, Back Pose, Side Pose, Model Walk, Abdominals.
- Para Competitors: Modified poses suited to ability (approved by panel).

6. Judging & Jury Panel

Jury Composition

- 1 Senior Judge from International Bodybuilding Federation or natural bodybuilding community.
- 1 Fitness Expert / Coach with inclusive fitness experience.
- 1 Technical Officer (video and attire compliance)
- 1 Cultural Representative (for artistic rounds)
- Optional: 1 Para Fitness Judge (for adaptive evaluation)

Public Participation in Judging

Public voting will determine the **Public Choice Champion**, using:

- Pythian Games Official Website
- Mobile App
- In-person audience voting (via placards or hand signs)
- SMS voting (number shared during live/recorded event)

Note: Public Choice scores will not influence official judging but are counted for separate awards.

7. Judging Criteria

Each category will be judged on the following:

- Muscle Symmetry & Balance – 20 marks
- Muscle Definition & Conditioning – 20 marks
- Muscle Mass (relative to age/height/frame) – 15 marks
- Stage Presence & Confidence – 15 marks
- Pose Execution & Fluidity – 10 marks
- Cultural/Creative Expression (optional) – 10 marks
- Online/Video Quality & Clarity (for online events) – 10 marks

Total: 100 Marks

8. Competition Formats

Offline Competitions

- Venue-based with stage, lighting, and audio system.
- Separate time slots for each age/type division.
- Live audience voting for public choice award.

Online Competitions

- Participants must submit videos adhering to guidelines.
- Alternatively, live posing via video conferencing apps.
- Judging panel reviews entries in batch rounds.
- Voting window open for public opinion.

9. Awards & Recognition

- Gold, Silver, Bronze Medals for each age and type division.
- Public Choice Champion – based on public votes.
- Best Para Bodybuilder – inclusive excellence award.
- Cultural Fusion Award – best use of cultural elements in posing.
- Most Improved Physique Award – based on before/after evidence (optional).
- Participation Certificates for all.
- Pythian Fitness Badges and leaderboard recognition in Pythian App.
- State/National/International Champion Titles depending on level.

10. Special Provisions for Para Participants

- Separate divisions for:
 - Wheelchair Bodybuilding
 - Standing Para Athletes
 - Amputee/Adaptive Categories
- Judging adapted to focus on:
 - Muscle symmetry within accessible range.
 - Posing control within mobility limitations.
 - Artistic creativity and personal story (optional).
- Modified poses and support tools (chair, brace) allowed.
- Assistance permitted for entering/exiting stage or video setup.

11. Safety & Ethical Conduct

- No use of performance-enhancing drugs. Random testing may be done.
- Harassment, mocking, or body-shaming will result in immediate disqualification.
- Respect must be shown to all judges, participants, and support staff.
- Para athletes must not be patronized; their efforts are judged equally.
- Online videos must be free of editing, effects, or filters.
- Judges' decision is final. Appeals can be filed via Pythian Committee.

Chess Competition

(Offline & Online Format)

1. Introduction and Cultural Background

Chess, originally known in India as “Chaturanga”, is a timeless game of strategy and intellect that began over 1,500 years ago in the Indian subcontinent. It was not just a game but a reflection of life’s battles, using symbolic pieces such as elephants (gaja), horses (ashwa), chariots (ratha), and foot soldiers (padati).

The Modern Pythian Games honour this legacy by organizing Chess competitions in both the modern square-board version and the Indian traditional style, promoting focus, patience, and mental strength across generations.

This event is designed to connect players of all abilities, backgrounds, and cultures, uniting them on a shared platform of respectful competition and artistic excellence.

2. Names of Chess in Different Countries

- India: Chaturanga / Shatranj / Chess
- Russia: Shakhmaty
- France: Échecs
- Germany: Schach
- Spain: Ajedrez
- China: Guoji Xiangqi
- Japan: Chesu
- Middle East: Shatranj

3. Competition Format

Modes of Play

- **Offline (In-Person):** Standard board and pieces provided at venues.
- **Online:** Matches played on officially assigned platforms, monitored through screen sharing or live video.

Time Categories (Flexible Based on Round)

- Standard Time: 15–20 minutes per player
- Rapid: 10 minutes per player
- Blitz: 5 minutes per player
- Traditional Chaturanga Round: No time pressure; judged on quality of moves and cultural adherence

4. Categories of Participation

Age Divisions

- Under 12 years
- 13 to 17 years
- 18 to 35 years
- 36 to 60 years
- Above 60 years (Senior Citizens)
- Para/Disabled Category (All age groups, based on ability)

Event Types

- Individual (Male / Female / Other)
- Team Format (2 to 4 players per team)
- Mixed Ability Teams – Encouraging participation of both disabled and able-bodied players

5. Indian Pattern of Chess – Chaturanga

Chaturanga is the original Indian form of chess, played on an 8x8 board, usually without alternating colours. It uses the traditional army division as metaphorical game pieces:

- Raja (King)
- Mantri (Minister or Queen – limited range)
- Ratha (Chariot / Rook)
- Gaja (Elephant / Bishop with diagonal movement)
- Ashwa (Horse / Knight)
- Padati (Foot soldier / Pawn)

Key Features of Traditional Chaturanga

- Pawns promote only to Mantri
- No castling or complex modern moves
- Slower, thoughtful gameplay
- Played more for skill and discipline than speed
- Optional Chaturanga Rounds or Cultural Exhibitions may be included

6. Rules and Conduct

- Each player must report at least 15 minutes before the match.
- Players are expected to maintain silence and decorum during play.
- Use of mobile phones, talking, or any form of external help during the game is not allowed.
- Online players must be visible on screen with audio and video on.
- Any form of cheating or unethical behaviour will result in disqualification.
- Disputes will be resolved by the appointed jury; their decision will be final.

7. Judging & Jury Panel

Jury Composition

- 1 Senior Chess Expert or Retired Champion
- 1 Expert in Traditional Indian Board Games (like Chaturanga)
- 1 Technical Officer for online matches
- 1 Youth or Public Engagement Member (optional)

Public Participation in Judging

- Public may vote on special recognitions like:
 - Most Strategic Game
 - Best Comeback
 - Crowd Favourite
- Voting Methods:
 - Pythian Games Website
 - Mobile App
 - Onsite by hand-raise or placards
 - SMS voting (announced during event)

Note: Public voting influences special awards only, not technical scores.

8. Scoring and Progression

- Win = 1 point
- Draw = 0.5 point
- Loss = 0 point
- Tie-breakers may include:
 - Direct encounter result
 - Number of wins with black pieces
 - Extra play-off match (short format)

For Traditional Rounds, scoring may include:

- Strategic depth of moves
- Cultural adherence (Chaturanga patterns)
- Style and presentation

9. Special Provisions for Para Participants

- Players with visual impairments may use:
 - Special tactile boards
 - Braille notations
 - Voice assistance software (where permitted)
- Players with physical impairments may use:
 - Adaptive boards
 - Assistants for piece movement (under jury supervision)
- Separate or integrated rounds based on ability
- Awards for best Para Performer and Inclusive Teams

10. Awards and Recognition

- Gold, Silver, Bronze Medals in each category
- Public Choice Award
- Best Para Performer Trophy
- Strategic Mastermind Award (for intelligent gameplay)
- Traditional Wisdom Award (for excellence in Chaturanga)
- Champion Trophy at State/National/International Levels
- Certificates for all participants
- Pythian Talent Badges via Mobile App

11. Safety, Ethics, and Code of Conduct

- Participants must follow all instructions from volunteers and organizers.
- No disrespectful behaviour, abusive language, or argument will be tolerated.
- All forms of cheating will lead to permanent disqualification.
- Appeals must be submitted in writing within 30 minutes of match completion.
- The organizing committee reserves the right to take final decisions in the interest of fairness and cultural integrity.

DART COMPETITION

1. Introduction & Historical Background

Darts, once a pub pastime, has evolved into a professional and precision-based sport recognized across continents. Originating in medieval England as a military training activity, darts transformed into a competitive indoor game during the early 20th century. Over the decades, national and international federations formalized the sport, enabling it to reach millions of enthusiasts worldwide.

The Modern Pythian Games recognize darts as a symbol of skill, focus, and cultural leisure activity that transcends borders. With the inclusion of darts in the Pythian Games, our aim is to elevate its global stature by connecting traditional games with modern competitive platforms and celebrating the unity of culture and sports.

2. Vision of Modern Pythian Games for Darts

- To globalize darts by showcasing it through an international multi-cultural platform.
- To engage youth and professionals in non-contact, precision-based sports that encourage mental discipline.
- To preserve traditional formats of darts while promoting modern professional standards.
- To foster international camaraderie by bringing together diverse dart-playing communities.

3. Alternate Names of Dart in Different Countries

Darts is known by various names and played in different forms around the world:

- Russia and CIS nations: Дарт (Darts)
- France: Fléchettes
- Germany: Darts or Pfeilwerfen
- Spain: Dardos
- Italy: Freccette
- Japan: ダーツ (Dātsu)
- China: 飞镖 (Fēibiāo)
- Korea: 닥트 (Dateu)
- Brazil: Dardos
- Middle East: الرَّمِيَات (Al-Ramyat) in some dialects

Darts is actively played in over 85 countries, both as a professional and recreational sport, with official federations in more than 70 nations.

4. Age Categories

1. Sub-Junior Category – Below 12 years
2. Junior Category – 13 to 18 years
3. Open/Senior Category – 19 to 35 years
4. Masters Category – 36 years and above
5. Specially-Abled Category – Open to all age groups with disabilities

5. Competition Format

1. Game Type

- 501 (Double Out) – Most commonly used in international formats.
- 301 – Used in beginner or junior categories.
- Cricket – For specific regional leagues or as an optional variant.

2. Match Structure

- Best of 3 Legs (Early Rounds)
- Best of 5 Legs (Quarter-Finals)
- Best of 7 Legs (Semi-Finals and Finals)

6. General Rules

1. Standard Dartboard Dimensions:

- Diameter: 18 inches (45.72 cm)
- Height: Bullseye positioned 5 feet 8 inches (173 cm) from the ground
- Throwing distance: 7 feet 9.25 inches (2.37 meters) from the face of the board

2. Darts Specifications:

- Maximum length: 30.5 cm
- Maximum weight: 50 grams
- Only soft tip darts allowed for electronic boards
- Steel tip darts for bristle boards

3. Throwing Protocol:

- Each player throws 3 darts per turn
- Players must throw from behind the oche line
- Darts must stay in the board for the score to count

4. Scoring:

- Inner bullseye (red): 50 points
- Outer bullseye (green): 25 points
- Double and triple rings apply as per standard rules

5. Double Out Rule (501/301):

- Players must hit a double to finish the game

6. Tied Games:

- If both players reach zero in the same round, the player with fewer darts thrown wins
- If still tied, a single dart closest to the bull decides the winner

7. Player Conduct:

- No coaching or external assistance during play
- No distracting behavior permitted
- Players are expected to maintain sportsmanlike conduct

7. Judging Criteria

- Accuracy and Scoring: Primary basis of evaluation
- Time Efficiency: Especially in rapid formats
- Consistency: Across legs and matches
- Technique & Stance: (For advanced levels)

8. Judging Panel

- Each match is officiated by one Scorer/Referee and one Match Supervisor
- The finals may include a Technical Review Panel of three certified dart officials
- For international events, referees must be accredited by the national or international darts federation

9. General Regulations & Fair Play

- Players must report 15 minutes prior to scheduled matches
- Dartboard, lighting, and equipment will be standardized and provided by the organizing committee
- Personal darts may be used if they meet technical criteria
- All disputes must be submitted in writing within 10 minutes of match conclusion
- Decision of the referee and technical panel shall be final

10. Legal, Ethical, and Health Regulations

- No participant shall be under the influence of alcohol or performance-enhancing substances
- Players are required to undergo random checks for fair play
- The Modern Pythian Games will ensure all venues are smoke-free and inclusive
- Special considerations will be made for players with disabilities, ensuring barrier-free access and modified equipment if required

Kho Kho Competition

(Offline & Online Format)

1. Introduction and History

Kho Kho is a traditional Indian tag sport known for its speed, teamwork, and strategic movement. Originating from Maharashtra, it was earlier played in open grounds, often called "Rathera." Over time, Kho Kho evolved into an organized sport with recognized rules, played across Indian schools, colleges, and national games.

The Modern Pythian Games honor Kho Kho as a culturally rooted, inclusive sport that showcases physical agility, mental alertness, and indigenous tradition. Our vision is to present Kho Kho to the world with standardized rules, including online variations and provisions for differently-abled participants.

2. Indian Format and Rules of Kho Kho (Traditional Style)

Team Composition

- Each team consists of 12 players (9 playing + 3 substitutes).
- In a match, 9 players take the field: 3 defenders (runners) and 6 chasers (sitters and active chaser).

Field Dimensions

- Total field: 29 meters x 16 meters
- Central lane: 24 meters long and 30 cm wide
- Two poles are fixed at each end of the central lane.

Gameplay Rules (Traditional Format)

- Chasers sit in the central lane, facing alternately.
- One active chaser (runner) tries to tag the defenders running on the field.
- A chaser can give a "Kho" (touch on the back) to the next teammate to continue the chase.
- The active chaser can turn only from one side (pole turning) and cannot cross over sitters' backs.
- The aim is to tag all 3 defenders in the shortest possible time.
- Each team gets 2 innings: 9 minutes chasing and 9 minutes defending.

3. Competition Format

Offline Competitions

- Conducted on proper courts (schools, stadiums, or open ground with markings).
- Follows the traditional Indian rules as per Kho Kho Federation standards.

Online Competitions

- Players demonstrate solo or group agility drills based on Kho Kho skills.
- Events include:
 - Kho Kho Fitness Challenge (speed turns, kho actions, pole touches)
 - Kho Kho Skill Drills (Kho timing, directional change, chase speed)
 - Videos must be submitted or performed live via Pythian App.

4. Competition Categories

Age-Based Divisions

- Under 12
- 13 to 17 years
- 18 to 35 years
- 36 to 60 years
- Above 60 (Senior Citizens)
- Para/Disabled Category (Adaptive Kho Kho formats)

Type-Based Divisions

- Individual Skills Events (online/offline)
- Team Events (Male/Female/Mixed)
- Mixed Ability Teams (Disabled and able-bodied together)

5. Eligibility Criteria

- Open to participants from all regions and countries.
- Valid ID proof and age verification required.
- Disabled participants must submit medical or disability certificate.
- For online mode: Clear, high-quality video entries or live participation.
- All participants must follow the official rules set by the Pythian Committee.

6. Judging & Jury

Jury Composition

- 1 Traditional Kho Kho Coach or Referee
- 1 Para Sports Expert or Inclusive Games Officer
- 1 Physical Fitness or Agility Expert (especially for online drills)
- 1 Youth/Public Engagement Jury Member (optional)

Public Participation in Judging

For online/hybrid competitions, audience voting is allowed through:

- Pythian Games Website
- Mobile App
- On-ground audience voting (hand-raising or placards)
- SMS voting for favorite team or performance

Public Choice Awards will be based on this voting, independent of the technical score.

7. Scoring and Marking Criteria

Offline Team Matches

- Each successful tag = 1 point
- All-out (tagging all defenders) = bonus 3 points
- Fastest all-out = extra 2 points
- Fair Play and Discipline = up to 5 bonus marks

Online Skill Events

- Speed & Agility (out of 30)
- Accuracy in Movement/Turnings (out of 25)
- Kho Timing and Synchronization (out of 25)
- Style and Creativity (out of 10)
- Safety & Technique (out of 10)
- Total: 100 Marks

8. Special Provisions for Disabled Participants

- Adaptive Kho Kho versions include:
 - Seated Kho Kho (for wheelchair participants)
 - Pole-touch races (with assistant signaling)
 - Slow-movement tag using hand taps
- Assistance allowed in setup but not during gameplay.
- Separate awards and judging panels ensure inclusivity.
- Mixed Ability Events encourage team spirit and integration.

9. Awards & Recognition

- Gold, Silver, Bronze medals for each age and format.
- Best Team Performance (Offline)
- Best Skill Performance (Online)
- Best Para Athlete Award
- Public Choice Award
- Pythian Kho Kho Champions Trophy (for national/international level)
- Participation Certificates
- Pythian Talent Digital Badge via App for top scorers

10. Safety & Ethical Guidelines

- Fair play and discipline are mandatory.
- No abusive behavior, intentional blocking, or misuse of rules.
- Online entries must be genuine and unedited.
- Match referees or online jury may disqualify players violating spirit of the game.
- For school-level or youth games, adult supervision is mandatory

Kabaddi Competition

(Offline & Online Format)

1. Introduction and History

Kabaddi is a traditional Indian sport that combines strength, agility, strategy, and teamwork. Played for centuries across the Indian subcontinent, Kabaddi originated as a training method for warriors and has evolved into a vibrant, competitive sport enjoyed at local, national, and international levels.

The name "Kabaddi" is derived from the Tamil word "Kai-pidi" meaning "to hold hands." The game is deeply embedded in rural and cultural festivals of India and is now recognized worldwide for its intensity and entertainment value.

The Modern Pythian Games proudly include Kabaddi as a central sporting competition under indigenous and traditional sports. The format aims to promote cultural identity, fair play, and international recognition of this iconic Indian game.

2. Format of Kabaddi (Indian Pattern)

Standard Indian Style (Circle and Court Format)

- Court Format (International/Modern Style): Played on a rectangular court with 7 players per side. This format is used in state, national, and global-level competitions.
- Circle Style (Traditional Indian Village Format): Played in a circular field with regional variations across Punjab, Haryana, Maharashtra, and South India. Emphasis is on physical dominance and wrestling-like moves.

Modern Pythian Games include both formats based on the level of play and regional preferences.

3. Modes of Competition

- Offline Competitions: Organized in physical venues such as stadiums, schools, colleges, or community grounds.
- Online Competitions: For kabaddi-based fitness challenges, skill demonstrations, and team strategy simulations (for awareness, not full physical gameplay).
- Para Kabaddi: Adapted rules and court sizes for wheelchair users and differently-abled athletes.

4. Global Names and Variants

While Kabaddi is native to India, it has international recognition and local adaptations:

- Bangladesh: National sport, same name — Kabaddi
- Iran: Known as Kabaddi and widely practiced
- Nepal: Called Kapardi in rural regions
- Pakistan: Popular in Punjab as Kabaddi (Desi style)
- Sri Lanka: Kabaddi with simplified rules
- Kenya, UK, Canada, Germany: Played in diasporic communities as part of cultural sports events

5. Competition Categories

Age-Based Divisions

- Under-14
- 15 to 18 years
- 19 to 35 years
- 36 to 50 years
- Above 50 years (Masters)
- Para/Disabled Kabaddi (based on physical ability and adaptation)

Type-Based Divisions

- Individual Skills (For online mode – tackles, raids, etc.)
- Team Matches (Offline full-game)
- Mixed Gender Exhibition Matches
- Mixed Ability Matches (Para and able-bodied together in select categories)

6. Eligibility Criteria

- Open to Indian and international participants.
- Players must register with:
 - Identity proof
 - Age verification
 - Team roster (for teams)
 - Disability certificate (for Para Kabaddi)

Online participants must submit:

- High-quality video entries (for skills challenge)
- Fitness demonstration or skill drill (e.g., raiding without getting touched)

7. Competition Rules (Indian Format)

Team Composition

- 7 Players on the field, 5 substitutes (Court format)
- 5 to 9 Players depending on local format (Circle style)
- 20-minute halves with a 5-minute break (may vary by age group)

Objective

- One player (raider) enters the opponent's side to tag opponents and return safely while chanting "Kabaddi Kabaddi" without taking a breath.
- The defending team tries to stop the raider from returning by tackling.
- Points are earned for:
 - Successful raids
 - Tackling raiders
 - Bonus line touches

Fouls & Penalties

- Step-outs
- Holding for too long
- Breath break
- Verbal or physical abuse (immediate disqualification)

Para Kabaddi Adaptations

- Reduced court size
- Modified rules for tagging
- Soft-touch or flag-tap version for visually/mobility-impaired players

8. Judging & Jury

Jury Composition

- 1 Referee from recognized Kabaddi federation
- 1 Para Sports Representative (for inclusive formats)
- 1 Technical Official (rules, conduct, time)
- 1 Community/Youth Representative (optional)

Public Participation in Judging

- Audience can vote for:
 - Best Team Spirit
 - Most Popular Player
 - Fair Play Award

Musical Chairs Competition

(Offline & Online Format)

1. Introduction and History

Musical Chairs is a traditional recreational game known for its fun, quick reflexes, and competitive energy. Originating in 19th-century Europe as a party game, it gradually spread across the globe, becoming a popular feature of school events, festivals, and social gatherings.

The game involves participants walking or dancing around chairs arranged in a circle. When the music stops, everyone must quickly find a chair to sit on. The player left standing is eliminated, and one chair is removed. The cycle continues until only one player remains.

Though simple in structure, Musical Chairs is played in different styles around the world under various local names.

2. Global Names of Musical Chairs

- Musical Chairs – USA, UK, Australia, India
- Trip to Jerusalem – Germany, Israel
- Kursi Musik – Indonesia
- Silla Musical – Spanish-speaking countries (Mexico, Spain, Argentina, etc.)
- Jeu des Chaises – France
- Statues Game / Musical Statues – Alternate version where participants freeze instead of sitting
- Krzesła Muzyczne – Poland
- Giochi delle Sedie – Italy
- Sandalyeyi Kap – Turkey

The game is beloved in more than 50 countries, adapted across cultural contexts.

3. Vision of the Modern Pythian Games

The Modern Pythian Games aim to uplift traditional, cultural, and recreational games into global platforms of expression, inclusion, and talent. For Musical Chairs, we envision:

- Promoting it as a recognized competitive sport
- Encouraging participation across all age groups, genders, and abilities
- Providing inclusive opportunities for para and specially-abled participants
- Standardizing rules for fair international competitions
- Offering both online and offline participation formats

4. Competition Format

Offline Format

- Played in open areas, halls, or stadiums with physical chairs and live music.
- Referees present to enforce rules and supervise safety.
- Spectators can participate in live voting for awards like “Most Sportive Player.”

Online Format

- Participants submit pre-recorded video entries or join live virtual sessions via Zoom or the Pythian App.
- Creative variations like “Virtual Musical Freeze” or “Chair Grab Challenge” are allowed.
- Must include visible timer and clear music playback.

Para-Friendly Format (Offline & Online)

- Use of wheelchair-accessible chairs
- Participants with visual impairments may be guided by bell-based cues or tactile signals.
- Seated or assisted walking variants for differently-abled players.

5. Age and Ability-Based Categories

Age Categories

- Children (6–12 years)
- Youth (13–17 years)
- Adults (18–45 years)
- Seniors (46+ years)

Special Categories

- Para/Disabled Participants (All Ages)
 - Mobility Impaired
 - Visually Impaired
 - Neurodiverse participants
- Inclusive Teams (Mixed ability, intergenerational, or mixed-gender groups)

6. Rules and Regulations

Objective

To quickly secure a chair when the music stops. One player is eliminated per round until only one remains.

Participants

- Minimum: 3
- Maximum: 30 (for efficient management)

Equipment

- Chairs: Uniform in size and height, arranged in a circle or straight line.
- Music System: Clear, audible sound system or playback device.
- Playing Area: Clean, hazard-free surface with adequate space.

Gameplay

- Players walk, jog, or dance around the chairs while the music plays.
- When the music stops, players must sit quickly on any available chair.
- The player left standing is eliminated, and a chair is removed.
- No pushing, pre-sitting, or rough contact is allowed.

7. Conduct and Fair Play

- Pushing, tripping, or blocking others leads to immediate disqualification.
- Players must keep moving during music and may not touch chairs.
- Decisions by referees are final.

8. Judging and Refereeing

- Minimum 2 referees per competition.
 - 1 Chief Referee to control music and enforce rules
 - 1 Assistant to observe for fouls and fairness
- Optional: Public Jury Member from audience or youth councils
- Online and offline voting for Public Choice Awards via:
 - Website / Mobile App
 - SMS Voting
 - Hand-raising (Offline)

9. Scoring and Winning

- Last player remaining is the declared winner.
- Rankings may be assigned for 2nd and 3rd positions.
- Tie-breaker rounds may be organized in case of disputes.
- Online entries are judged based on:
 - Creativity
 - Clarity
 - Rule adherence
 - Style of movement

10. Safety and Medical Support

- First aid kits and trained staff must be available on-site.
- Playing areas must be inspected and cleared of obstacles.
- Participants must wear suitable footwear.
- For para participants, mobility assistants may be allowed for setup, but not during play.

11. Disqualification Criteria

- Any form of physical aggression or cheating
- Sitting before the music stops
- Ignoring referee's instructions
- Use of foul language or inappropriate behavior

12. Appeals and Protests

- Written appeals must be submitted within 15 minutes of the disputed round.
- A 3-member appeals panel will review and issue a decision within 30 minutes.
- Decision of the appeals panel is final and binding.

13. Awards and Recognition

- Gold, Silver, Bronze Medals for each age and ability category
- Public Choice Award (audience voted)
- Best Performer (Online)
- Most Energetic Player Award
- Inclusive Spirit Trophy for mixed-ability teams
- Certificates for all participants
- Pythian Talent Badges via Mobile App
- Champion Shields at state, national, and international levels

Ludo Competition

(Offline & Online Format)

1. Introduction and Description of Ludo

Ludo is a classic and widely loved board game of strategy and chance. Originating from the ancient Indian game Pachisi, Ludo involves players racing their four tokens from start to finish based on dice rolls, while attempting to block or capture opponents' tokens.

The game promotes strategic thinking, patience, and social interaction. It is simple to learn but challenging to master.

Ludo is known by different names worldwide:

- Ludo (International/English)
- Pachisi (India origin)
- Parcheesi (USA)
- Mens-erger-je-niet (Netherlands)
- Uckers (UK Naval variant)
- Ludo Karc (Hungary)

This diversity illustrates its global cultural reach, making it an ideal event for the Modern Pythian Games.

2. Event Vision

To foster friendly competition, inclusivity, and cross-cultural connection through the timeless game of Ludo. The event offers a platform for both general and disabled participants to showcase skill, sportsmanship, and strategic thinking.

3. Eligibility

- General Category: Open to all participants aged 10 and above, regardless of gender or nationality.
- Disabled Category: Open to participants with physical or sensory disabilities, ensuring accessible formats and accommodations.
- Participants must register individually. Team events may be considered in future editions.
- Online participants must have stable internet and a verified account on the official Pythian Games gaming platform.
- Offline participants must attend designated venues for supervised play.

4. Competition Formats

Online Format:

- Matches conducted through the official Pythian Games online platform or approved partner platforms.
- Real-time games with video or chat support for transparency and community engagement.
- Automated dice rolls and token movement tracked by the system.

Offline Format:

- Traditional physical Ludo boards used at event venues.
- Matches supervised by official referees to ensure fair play and adherence to rules.
- For disabled participants, accessible boards and adaptive equipment will be provided.

5. Rules and Gameplay

- 1.Players: 2 to 4 players per game.
- 2.Objective: Be the first to move all four tokens from the starting point around the board and into the home column.
- 3.Dice Rolls: Players roll a single die to determine movement.
- 4.Starting a Token: Players must roll a six to move a token from the start area onto the board.
- 5.Movement: Tokens move clockwise according to the die roll.
- 6.Capturing: Landing on a square occupied by an opponent's token sends that token back to its starting area.
- 7.Safe Squares: Certain marked squares are "safe," where tokens cannot be captured.
- 8.Winning: The first player to bring all four tokens into the home column wins the game.

All other rules align with the traditional Ludo gameplay recognized internationally.

6. Jury and Officials

Jury Composition:

- 1.5 members for offline events, including:
 - 2 game rules experts
 - 1 representative from the disabled participants' community
 - 1 official referee coordinator
 - 1 impartial observer/organizer representative
- 2.For online events, a panel of 3 technical referees monitors the platform for fair play, cheating, and disputes.

3.Responsibilities:

- Oversee adherence to competition rules.
- Resolve disputes and appeals.
- Verify player eligibility and sportsmanship.
- Certify match results and declare winners.

7. Scoring Criteria and Medals

- Match Win: The winner of a match scores 3 points.
- Runner-Up: Second place scores 1 point.
- Tie/Disqualification: No points awarded.
- Tournament Progression:
 - Single-elimination or round-robin format, depending on the number of participants.
 - Final standings based on total points accumulated.
- Medals Awarded:
 - Gold Medal: Champion (Top scorer or winner of final match)
 - Silver Medal: Runner-up
 - Bronze Medal: Third place (decided by playoff match or points)

Rope Skipping

(Offline & Online Format)

1. Introduction and Global Significance

Rope Skipping, also known as Jump Rope, is a rhythmic and athletic activity enjoyed globally as both a fitness exercise and a competitive sport. Across various countries, it is known by different names:

- United States & Canada: Jump Rope
- United Kingdom: Skipping
- India: Rassi Kudna (रस्सी कूदना)
- China: Tiàoshéng (跳绳)
- Japan: Nawatobi (縄跳び)
- France: Corde à sauter
- Brazil: Pular corda
- Russia: Прыжки через скакалку (Pryzhki cherez skakalku)

2. Vision of the Modern Pythian Games for Rope Skipping

The Modern Pythian Games aim to revive ancient traditions by promoting both traditional and modern disciplines globally through inclusive and artistic platforms.

For Rope Skipping, the vision is to:

- Encourage physical fitness, coordination, and rhythm across all age groups.
- Ensure global inclusivity by providing platforms for general and disabled participants.
- Celebrate cultural diversity by embracing international styles of rope skipping.
- Provide a fair, transparent, and engaging competition structure in both online and offline modes.

3. Game Description

Rope Skipping is a sport where participants jump over a rope swung so that it passes under their feet and over their heads repeatedly. It can be performed solo, in pairs, or in groups and can be purely athletic or artistic in nature.

Types of Performances:

- Speed Skipping: Maximum jumps in a fixed time.
- Freestyle: Combination of tricks, dance, acrobatics with music.
- Double Dutch: Two ropes are turned in opposite directions while one or more participants jump.
- Adaptive Skipping: Modified format for participants with disabilities using seated, assisted, or rhythmic methods.

4. Event Formats – Online & Offline

Offline Mode:

- Conducted in physical venues under supervision of jury.
- Participants perform in designated lanes or performance areas.
- Music system and live scoring displayed.

Online Mode:

- Participants must perform live via video conferencing or submit pre-recorded video as per guidelines.
- Judges assess performance based on clearly visible full-body footage.
- No editing or post-processing allowed in video submissions.

5. Registration Process

1. Online Registration Portal via the official Pythian Games website.
2. Upload:
 - Proof of age and identity.
 - Disability certificate (for special category).
 - Performance video (for online mode, where required).
3. Choose competition mode: Online or Offline
4. Pay nominal registration fee (if applicable).
5. Receive confirmation and guidelines.

6. Eligibility Criteria

- Age Groups (Separate Male, Female & Inclusive categories):
 - Sub-Junior: 8–12 years
 - Junior: 13–17 years
 - Senior: 18–40 years
 - Veteran: 41+ years
- **Disabled Categories:**
 - Physical disability (limb-based)
 - Intellectual disability
 - Visual impairment
 - Hearing impairment (audio cues replaced with visual countdowns)

7. Categories of Competition

- Speed Skipping – 30 Seconds / 60 Seconds
- Freestyle Skipping – 60 to 90 Seconds
- Double Dutch (Group)
- Adaptive Skipping – Inclusive Freestyle
- Synchronized Team Skipping – 3 to 5 members

8. Dress Code

- Sportswear (T-shirt, shorts or track pants)
- Skipping shoes with proper grip
- Hair tied back securely
- No loose accessories or jewelry
- National or cultural dress allowed during freestyle performance (if culturally themed)

9. How It Is Played

Speed Skipping:

- Jump as many times as possible in the given time.
- Only complete revolutions of the rope count.

Freestyle Skipping:

- Creative routine combining jumps, dance moves, acrobatics.
- Scored on creativity, synchronization, difficulty, and execution.

Double Dutch / Synchronized:

- Team coordination in two-rope skipping patterns.
- Points awarded for timing, coordination, and group creativity.

10. Jury Panel and Qualifications

- Minimum 3 jury members per event.
- Members include:
 - Certified rope skipping coaches
 - Sports referees or physical education experts
 - Para-sports trainers (for disabled category)
- At least one jury member from a different region/country for international fairness.

11. Scoring Criteria

Speed Skipping:

- Count-based scoring: Each full jump = 1 point.
- Penalty for rope errors or foot misses (-0.5 per error).

Freestyle Skipping:

- Technical Skills (30%)
- Creativity & Innovation (25%)
- Rhythm and Timing with Music (20%)
- Overall Presentation and Confidence (15%)
- Audience/Visual Appeal (10%)

Double Dutch & Synchronized:

- Teamwork & Coordination (40%)
- Technical Execution (30%)
- Creativity & Innovation (20%)
- Costume and Theme (10%)

12. Winning Criteria

- Gold Medal: Highest score in each category and age group.
- Silver Medal: Second-highest score.
- Bronze Medal: Third-highest score.
- Separate medals for general and disabled categories.
- In case of a tie: Technical marks and penalty points used for decision.

13. Other Rules and Regulations

- All participants must arrive or log in 30 minutes before their scheduled time.
- The rope must be standard jump rope; length and material will be checked.
- In case of poor internet during live online participation, one retry is allowed.
- For pre-recorded video entries:
 - Must be unedited, one continuous shot.
 - No background music added post-recording.
 - Submission deadline must be respected.
- Participants must respect jury decisions; any disputes must be filed within 1 hour of result announcement.
- Disqualification grounds:
 - Cheating, editing videos
 - Offensive gestures or clothing
 - Using unsafe or prohibited equipment

14. Transparency & Fairness Measures

- Video verification of all online performances.
- Random cross-check by external referees.
- Scoring transparency: Results posted with breakdown.
- Appeals panel to review complaints, if any.

Rassa Kassi (Tug of War)

(Offline & Online Format)

1. Introduction & Vision

Rassa Kassi, popularly known as Tug of War, is a traditional team sport that has been played across cultures and continents for centuries. This thrilling test of strength, coordination, strategy, and team spirit finds global variations such as:

- Tug of War – UK, USA, Canada
- Rassa Kassi – India
- Touwtrekken – Netherlands
- Tire à la corde – France
- Tauziehen – Germany
- Tsunahiki – Japan
- Jeokjinju – Korea
- Hiki-Zumo – Japan (ceremonial form)

In line with the Modern Pythian Games' vision of promoting cultural heritage through inclusive global competitions, Rassa Kassi is organized as an official medal sport (Gold, Silver, Bronze) in both online and offline formats, welcoming general and disabled participants.

2. Description of the Game

Rassa Kassi is a team competition in which two teams pull on opposite ends of a rope, attempting to drag the opposing team a specific distance or over a marked line. Victory requires strength, teamwork, synchronization, and tactical coordination.

3. Competition Formats

a. Offline Format

- Conducted at certified venues with physical ropes and teams.
- Team members compete in person under supervision of referees and jury.

b. Online Format

- Teams compete using smart rope simulation kits, weight resistance machines with live video demonstration, or controlled simulation platforms.
- Competitions are streamed live with real-time jury observation and scoring.
- AI-assisted data tracking tools may be used for fairness and verification.

4. Eligibility Criteria

- Open to all genders, ages 12 and above.
- Divisions:
 - Junior: 12–17 years
 - Open: 18–39 years
 - Masters: 40+ years
 - Para & Disabled: All age groups, as per ability
- Participants must be medically fit or certified to compete.
- Teams must consist of 8 active pullers and 2 reserves.

5. Registration Process

- Participants register through the Modern Pythian Games official portal.
- Mandatory details:
 - Personal identification
 - Age proof
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Team name and member list
 - Indicate mode: Online or Offline
- Registration fees may vary by mode and location.

6. Dress Code

- Uniform team jerseys or T-shirts with matching track pants/shorts.
- Rubber-soled sports shoes or barefoot as per ground type.
- No metal accessories or unsafe clothing.
- Gloves are optional unless restricted for safety.

7. Categories of Competition

- Men's Teams
- Women's Teams
- Mixed Gender Teams (equal male-female ratio)
- Disabled / Para Teams
- Categories further divided by weight:
 - Under 480 kg
 - Under 560 kg
 - Under 640 kg
 - Open Weight

8. How the Game is Played

Offline Play:

- Teams line up on either side of a central line with a 33–36 meter rope.
- A white flag is placed in the middle and two marking lines are drawn 4 meters on either side.
- At the referee's whistle, teams pull to move the flag beyond their side's 4-meter mark.
- Best of 3 rounds format.

Online Play:

- Teams use resistance-enabled rope simulators or devices monitored live.
- Pulling duration and force are tracked via sensors.
- Live adjudication through jury panels watching video feeds.
- Time limit and resistance-based scoring determine the winner.
- Synchronization, effort consistency, and measurable strength are evaluated.

9. Jury Panel and Qualifications

- Each match will be supervised by a jury panel of 3 to 5 members.
- Qualifications:
 - Background in sports adjudication, physical education, or rope-pulling sports
 - At least one member with experience in para sports (for disabled categories)
 - Mandatory training in Modern Pythian Games' fair play and inclusivity policies

10. Scoring & Winning Criteria

- **Offline:**
 - A team wins when the center flag crosses their side's mark.
 - Winning two out of three pulls wins the match.
 - Time taken may be used for tie-breakers.
- **Online:**
 - Points awarded for resistance pulled, time maintained, and synchronization.
 - Sensors verify consistency of strength across team members.
 - Technical fouls or uneven pulling can lead to point deductions.

11. Transparent Rules and Regulations

- No doping – Strict anti-doping policies.
- Medical clearance required before participation.
- Foul Play includes:
 - Sitting on ground intentionally
 - Use of elbows or jerks
 - Stepping off the competition zone

- Team substitutions allowed only from the registered reserves before the round starts.
- Appeals Process: Teams may raise appeals with a fee and written submission within 10 minutes of match end. Decisions will be reviewed by the technical panel.
- Video Review: Enabled in online matches and major offline finals for dispute resolution.

12. Accessibility for Disabled Participants

- Rope height and tension adapted for wheelchair users or limb differences.
- Assistive grips or harnesses permitted upon approval.
- Matches supervised by para-sports trained referees.
- Categories include:
 - Seated Pulls (wheelchair)
 - Standing Pulls (limb differences, other disabilities)
 - Mixed Ability Teams (general + para-athletes)

13. Medal Distribution

- Gold, Silver, and Bronze Medals awarded in each category and mode.

Lathi Competition

(Offline & Online Format)

1. Introduction and Vision

The Modern Pythian Games celebrate global culture and heritage through diverse competitive arts. The Lathi event represents traditional martial skill, discipline, and artistic expression rooted in Indian heritage and resonating globally under various names. This event is designed for both general and disabled participants to compete for Gold, Silver, and Bronze medals.

2. International Names of Lathi

- India – Lathi or Lathi Khela
- Russia – Палка бой (Palochka Boy) or Традиционные боевые палки
- Philippines – Arnis or Eskrima
- Indonesia – Pentjak Silat (with stick elements)
- China – Gunshu (staff technique in Wushu)
- Japan – Bojutsu
- Korea – Jang Bong (long staff)
- Africa – Nguni stick fighting (Zulu tradition)
- Europe – Quarterstaff (UK) / La Canne (France)

3. Game Description

Lathi is a traditional martial art form using a wooden staff for defense, attack, and performance. It emphasizes balance, rhythm, speed, and precision, combining artistic movements with martial techniques.

4. Event Modes

Offline Mode

- Participants demonstrate live in front of a jury on the competition field/stage.
- May include solo performance, combat demonstration, or choreographed sequences.

Online Mode

- Participants upload a pre-recorded video performance or join a live virtual showcase.
- The video must follow guidelines on duration, clarity, and visibility.
- Disabled participants can submit adapted performances based on their physical abilities.

5. Registration Process

- Registration can be done via the official Modern Pythian Games portal.
- Participants must select the mode (Online or Offline), category (General or Disabled), and age group.
- A registration ID will be issued upon payment confirmation.
- Entries must be submitted before the official deadline.

6. Eligibility Criteria

- Open to all nationalities.
- Minimum age: 10 years.
- Categories:
 - General (Non-disabled)
 - Para/Disabled Category (Visual, limb impairments, or other certified physical conditions)
- Proof of age and identity is required.
- Disabled participants must submit a medical/disability certificate for classification.

7. Age Categories

1. Sub-Junior (10–14 years)
2. Junior (15–18 years)
3. Youth (19–25 years)
4. Adult (26–45 years)
5. Senior (46 years and above)
6. Para (All age groups, classified by disability type and level)

8. Dress Code

- Traditional martial attire or sports outfit is permitted.
- Barefoot or light sports shoes.
- No metal or harmful accessories.
- For online entries, attire must be clearly visible in the video.
- For para participants, necessary medical wear or support devices are allowed.

9. How It Is Played

Solo Performance

- A rhythmic, choreographed display of moves with the lathi.
- Focus on footwork, spins, strikes, defense techniques, and overall control.

Combat Demonstration

- Performed in pairs with safety gear (only for offline).
- Controlled attack and defense with pre-agreed boundaries.
- Judged on precision, coordination, timing, and technique.

Para Performance

- Adaptive solo performances (standing, seated, or support-based).
- Creativity, expression, and skill with staff adjusted to physical abilities.

10. Competition Categories

1. Solo Artistic Display – General
2. Solo Artistic Display – Para
3. Combat Demonstration – General (Offline only)
4. Freestyle Lathi Choreography – General & Para (Online only)

11. Jury Panel

- Comprises 3 to 5 qualified martial arts experts from India and abroad.
- At least one member must have expertise in para-sports judging.
- Jury members must not have any conflict of interest with participants.

12. Jury Qualifications

- Certified in traditional martial arts or stick-fighting disciplines.
- Minimum 5 years of coaching or judging experience.
- Recommended by a recognized martial arts federation or cultural board.

13. Scoring Criteria

Each performance is scored on a scale of 0 to 100.

Points are awarded based on:

- Technique and Skill Execution (30 points)
 - Grip, stances, strikes, and transitions.
- Rhythm and Coordination (20 points)
 - Flow, control, and synchronization.
- Creativity and Style (20 points)
 - Unique moves, cultural expression.
- Confidence and Stage Presence (10 points)
 - Body language, spirit, and energy.
- Safety and Discipline (10 points)
 - Controlled execution, respect for rules.
- Adaptation and Innovation (10 points) (for Para categories only)

14. Winning Criteria

- Highest total score wins.
- In case of a tie:
 - Higher score in Technique and Skill Execution is considered.
 - If still tied, Rhythm and Coordination is used as tie-breaker.
- Top 3 in each category and age group are awarded:
 - Gold Medal – First place
 - Silver Medal – Second place
 - Bronze Medal – Third place

15. Other Rules and Regulations

- Use of metal or sharp-edged sticks is strictly prohibited.
- In combat demonstration, protective gear is mandatory.
- Disrespectful behavior, intentional harming, or non-cooperation leads to disqualification.
- Online submissions must not exceed 3 minutes in duration.
- Background music is allowed only in freestyle choreography and online solo entries.
- No digital enhancement or editing is allowed in online videos.
- All videos must be original and submitted only once per entry.

16. Code of Conduct

- Respect judges, fellow participants, and event staff.
- Follow instructions without delay.
- Any form of discrimination, harassment, or misrepresentation results in immediate disqualification.
- Participants must abide by all safety protocols and event timings.

17. Transparency Measures

- All scores and judging criteria will be made public post-event.
- Participants will receive performance feedback via email.
- Jury identity, credentials, and scoring sheets are recorded for official audit.
- Grievance redressal is available through the Pythian Games Appeals Board within 3 days of results announcement.

Mallakhambh

(Offline & Online Format)

1. Introduction

Mallakhambh is a traditional Indian sport that combines elements of gymnastics, yoga, and aerial acrobatics performed on a vertical wooden pole, hanging rope, or cane. The Modern Pythian Games envisions this ancient discipline as a bridge between culture, fitness, and performing arts, offering equal opportunities for general and disabled participants, and expanding it globally with culturally recognized names and variations.

2. International Naming and Global Relevance

Mallakhambh is known differently across various countries, reflecting its cultural adaptations:

- India – Mallakhambh (Pole/Rope/Cane)
- Russia – Вертикальная йога (Vertical Yoga) or Полюсная йога (Pole Yoga)
- Germany – Vertikale Turnkunst (Vertical Gymnastics)
- Japan – ボディバランスポールアート (Body Balance Pole Art)
- United States – Indian Pole Yoga or Traditional Vertical Gymnastics
- Brazil – Ginástica de poste indiano
- Sri Lanka/Nepal – Danda Kala or Rope Yogi Art

This global spread helps make Mallakhambh a truly multicultural and international event.

3. Game Description

Mallakhambh is a performance-based sport that involves executing poses, holds, and acrobatic movements on:

- A wooden pole (Pole Mallakhambh)
- A hanging rope (Rope Mallakhambh)
- A hanging cane (Cane Mallakhambh)

Participants showcase strength, balance, flexibility, grace, and control.

4. Competition Modes

Offline Mode:

- Participants perform live at designated physical venues on certified equipment.
- Judging is conducted on-site by qualified jury members.

Online Mode:

- Participants upload a single, unedited performance video within the prescribed time.
- Live-streamed events may also be hosted on video platforms.
- The video must be recorded in landscape mode, with the full body visible at all times.
- The performance area should be well-lit and free of distractions.

5. Categories of Participation

- **Age Categories:**
 - Sub-Junior (Under 12)
 - Junior (13–17)
 - Youth (18–25)
 - Open Category (26 and above)
 - Senior (40+)
 - Disabled/Para (all age groups, as per classification)
- **Gender Categories:**
 - Male
 - Female
 - Mixed (for group performances)
- **Type of Mallakhambh:**
 - Pole Mallakhambh
 - Rope Mallakhambh
 - Cane Mallakhambh
- **Group Categories:**
 - Individual
 - Duo/Pair
 - Team (3–5 members)

6. Para-Mallakhambh (for disabled participants):

- Adaptive routines according to physical ability
- Supported or assisted poses allowed
- Focus on rhythm, coordination, strength and courage

7. Registration Process

- Registration Period: As announced on the official Modern Pythian Games platform
- Mode: Online registration via official website or authorized franchise centers
- Requirements:
 - Name, age proof, ID proof
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Video submission (for online mode)
 - Entry fee payment (as per category)
- One registration = One event. Separate entries for each category/type are required.

8. Eligibility Criteria

- Open to all nationalities
- Must be physically fit or certified under Para classification
- Consent of guardian required for minors
- Participants must agree to abide by fair play and ethical rules

9. Dress Code

- Traditional or sport-specific costume allowing free body movement
- No jewelry, watches, or accessories allowed
- Hair tied neatly; costumes must not obstruct body view
- Barefoot mandatory

10. How It Is Played

- A participant performs a set routine or free performance within a fixed time (90 seconds to 3 minutes depending on category).
- The act includes poses, holds, transitions, balances, and dynamic movements.
- Movements must be controlled, graceful, and well-executed.
- Falls, slips, or interruptions reduce points.

11. Jury Panel and Qualifications

- Each competition is judged by 3–5 qualified jury members:
 - Certified Mallakhambh coaches
 - National or international-level athletes or experts
 - Physical education professionals with Mallakhambh experience
- For Para events, at least one panelist should have expertise in adaptive sports.

12. Judging and Scoring Criteria

Judges assess performances based on the following:

- Technique (20 Points)
 - Clarity of movement
 - Correct form and balance
- Difficulty Level (20 Points)
 - Complexity of poses and transitions
 - Risk factor with control
- Artistic Expression (20 Points)
 - Grace, rhythm, fluidity
- Stamina and Endurance (15 Points)
 - Duration and quality maintained throughout

- Innovation and Creativity (10 Points)
 - Unique poses, variations, or transitions
- Cleanliness and Safety (10 Points)
 - Smooth landings, no abrupt dismounts
- Presentation and Discipline (5 Points)
 - Confidence, salutation, respect for sport

Total: 100 Points

13. Winning Criteria

- Gold Medal – Highest score in category (minimum 80+ score)
- Silver Medal – Second highest (minimum 70+)
- Bronze Medal – Third highest (minimum 60+)

In case of a tie, the participant with higher difficulty or artistic points will win.

Special awards may be given for:

- Best Artistic Routine
- Best Para Performance
- Most Innovative Pose
- Cultural Expression Award (for integration of music or attire)

14. Rules and Regulations for Transparent Competition

- Performances must be original and self-performed.
- No editing, special effects, or background music with lyrics (instrumentals allowed).
- In online mode, video must be uploaded within deadline.
- In offline mode, participants must report at least 1 hour before event start.
- Jury decision is final and binding.
- No protest allowed unless backed with valid evidence within 30 minutes of result.
- Disrespect, cheating, or misrepresentation leads to disqualification.
- All entries will be archived as part of the Modern Pythian Games Cultural Archive.

15. Safety and Medical Guidelines

- Equipment must be inspected before use
- Warm-up time must be allotted before performance
- First-aid support to be available at offline venues
- Participants must not perform under injury or duress

Lagori (Seven Stones)

1. Introduction

The Modern Pythian Games proudly introduces Lagori, also known internationally by various names, as a competitive cultural sport to be played in both online and offline modes. This event will feature Gold, Silver, and Bronze medals for general as well as disabled (divyangjan and para-athlete) participants in an inclusive format.

International Names of Lagori

- India: Lagori, Satoliya, Pittu
- Pakistan: Pittu Garam
- Sri Lanka: Seven Stones
- Bangladesh: Sat Chara
- Nepal: Seven Stones
- Iran: Haft Sang
- Turkey: Yedi Kule
- Russia: Семь Камней (Sem' Kamnei)
- Italy: Sette Pietre
- Indonesia: Bola Setan
- Afghanistan: Haft Sang

2. Game Description

Lagori is a traditional team sport where players aim to knock down a tower of flat stones with a ball and then attempt to restore it while the opposing team tries to tag them with the ball.

It promotes agility, teamwork, speed, and traditional fun. It will be adapted for both general and disabled participants in age-appropriate and skill-based categories.

3. Categories of Competition

Competitions will be held in the following categories:

By Age Group (for both General and Disabled participants):

- Under 12 years
- 13 to 17 years
- 18 to 35 years
- 36 years and above

By Mode:

- Offline (On-ground format)
- Online (Recorded or live performance submission)

By Gender:

- Male
- Female
- Mixed Teams (optional category)

By Ability:

- General (Able-bodied)
- Disabled / Para-athlete Participants

4. Registration Process

- Participants must register through the official Modern Pythian Games portal.
- Each team must consist of 6–8 members.
- For online competitions, teams must upload a video of their game according to the official guidelines.
- A unique registration ID and participation certificate will be issued to each participant.
- Registration is open internationally and free or subsidized for para-participants.

5. Eligibility Criteria

- Participants must provide valid age proof and identity.
- Teams must consist of members from the same age category.
- Disabled participants must provide a government-certified disability card or letter from a recognized medical authority.
- All online participants must agree to the declaration of originality and fair play.

6. Dress Code

- Uniform T-shirts or jerseys (same color) for all team members.
- Track pants or sports shorts.
- Non-marking sports shoes or barefoot as per cultural preference.
- Disabled participants may wear suitable adaptive gear as per their needs.
- Jerseys must display team name and registration number.

7. Game Format and How It Is Played**Offline Format:**

- A pile of 7 flat stones is placed at the center of the playing area.
- One team is the attacking team, and the other is the defending team.
- The attacking team gets 3 attempts to knock down the stone pile using a soft rubber ball.
- Once the pile is knocked, the attacking team must try to rebuild the stone pile while avoiding being hit by the defenders.
- If the pile is rebuilt before all attacking players are hit, they win the round.
- After a fixed number of rounds (e.g., 3 per team), the team with the most successful rebuilds wins.

Online Format:

- Teams must record their performance from a fixed camera angle, following the prescribed layout and rules.
- Time duration for online games is limited to 5–7 minutes per team.
- The jury panel will evaluate based on performance, coordination, time taken, and accuracy.
- Fair play, video clarity, and no cuts or edits are essential.

8. Jury Panel and Jury Qualification

- The jury will consist of 3 to 5 members including:
 - Certified physical education instructors
 - Traditional games experts
 - International cultural referees
- For para and disabled categories, at least one member should have experience in para-sports adjudication.
- Jury decisions will be final and based on transparent criteria.

9. Scoring Criteria**Offline:**

- Knockdown success: 5 points
- Successful pile rebuild: 10 points
- Players hit by the ball: -2 points each
- Time bonus for fast rebuild: +3 points

Online:

- Execution of knockdown and rebuild: 10 points
- Coordination and team strategy: 5 points
- Time efficiency: 5 points
- Video clarity and compliance: 5 points
- Penalties for violation or edits: -5 points

10. Winning Criteria

- Highest total score after all rounds wins.
- In case of a tie, the team with the fastest rebuild time wins.
- Gold, Silver, and Bronze medals will be awarded to the top 3 teams in each category.

11. Other Rules and Regulations

- The ball must be soft and not injure players (approved by organizers).
- Stones must be flat and of similar size (provided by organizers for fairness).
- In online events, any sign of editing or manipulation leads to disqualification.
- Teams must exhibit sportsmanship, and any abusive or harmful behavior will lead to disqualification.
- For para-athletes, the field can be adapted for wheelchair or assisted mobility use.
- Referees may stop the match if any injury occurs or unfair advantage is suspected.

12. Code of Conduct and Fair Play

- All players must sign a declaration of integrity and non-violence.
- Use of unfair means or unsportsmanlike behavior can result in immediate expulsion.
- For disabled participants, organizers must ensure accessible venues and inclusive protocols.

13. Medal Distribution and Recognition

- Gold, Silver, and Bronze medals will be awarded in each category.
- All finalists will receive certificates and digital badges.
- Online winners will be recognized on the official website and social media platforms.
- Para participants will receive additional “Inclusive Champion” recognitions.

LATTU COMPETITION

(Offline & Online Format)

1. Introduction and Global Identity

Lattu, known by various names around the world, is a traditional spinning top game rooted in the cultural heritage of many nations. It is a unique blend of skill, control, balance, and timing.

In different countries, it is called:

- Russia: Волчок (Volchok)
- Japan: Koma
- China: Tuoluo
- Mexico: Trompo
- Philippines: Trumpo
- India: Lattu
- Pakistan: Bhonrey
- Turkey: Topaç
- Greece: Svíra
- Nepal: Latthi
- Indonesia: Gasing

As part of the Modern Pythian Games, this competition aims to revive and modernize the spinning top challenge with structured rules, national pride, and a global competitive spirit. The event will be held in both online and offline formats, and is open to all age groups and differently-abled participants.

2. Description of the Game

Lattu is a game where the player uses a string (or hand mechanism) to spin a wooden, plastic, or metal top. The goal is to spin it for the longest duration, within a designated boundary, and sometimes while performing specific skills or tricks.

3. Categories

There are two main categories:

- General Category
- Disabled/Para Category (Inclusive for all physical and mental disabilities)

Age divisions under both categories:

- Under 12 years
- 13 to 17 years
- 18 years and above
- Open Para Category (all ages)

4. Competition Formats

Offline Format

Participants perform live at the event venue in a supervised arena. Performance is judged in real-time.

Online Format

Participants record and submit their spinning top performance as per provided instructions and guidelines. Videos are reviewed by the jury panel.

5. How It Is Played

- Each participant is allowed three attempts.
- Only the best valid attempt is considered for scoring.
- Participants must spin the Lattu inside a marked circle.
- The top must spin for a minimum of 10 seconds to qualify.
- Tricks or control exercises (such as catching on hand, walking with it spinning, etc.) may add to points in the Advanced Skill Round (optional).

6. Judging Criteria

Judging is based on:

- Duration of spin
- Stability and balance
- Technique (launch style, control)
- Skill demonstration (optional tricks)
- Precision (spinning within boundary)
- Creativity (design, presentation)

7. Scoring System

- Spin Time: 50 points
- Balance and Stability: 20 points
- Skill Moves: 20 points
- Presentation and Creativity: 10 points

Total: 100 Points Maximum

8. Winning Criteria

- Participants with the highest total score win.
- In case of a tie, the longer spin time is considered.
- Medals are awarded as:
 - Gold – 1st Place
 - Silver – 2nd Place
 - Bronze – 3rd Place

Each category and age division will have separate winners.

9. Jury Panel

The competition will be judged by a jury of 3 to 5 experts in traditional games, physical education, or performing arts with experience in cultural heritage sports or community games.

10. Jury Qualifications:

- Recognized expertise in traditional/folk games
- Experience in national or international-level competitions
- At least 2 jury members must have experience judging disabled sports or adaptive events
- Fair and neutral conduct expected at all times

11. Registration Process

- Participants must register on the official Pythian Games portal.
- Choose Online or Offline mode during registration.
- Submit age proof and disability certificate (if applicable).
- Upload a recent photo and short bio.
- Registration closes 10 days before the event.

12. Dress Code

- Comfortable traditional or cultural attire encouraged.
- Sportswear permitted if preferred by participant.
- For online mode, dress must be neat, non-revealing, and culturally respectful.
- Footwear is optional depending on the playing surface.

13. Online Participation Guidelines

- The video must be recorded in one take, without edits.
- The entire body of the participant and top must be visible throughout.
- A timer or stopwatch must be visible.
- A paper showing registration ID and date must be placed in the video frame.
- Upload video on the official platform in the specified format and size.

14. Offline Participation Guidelines

- Participants must report 1 hour before their time slot.
- Lattu inspection will be conducted before the attempt.
- Practice rounds will be allowed in the warm-up zone only.
- Judges will give a signal to start each official attempt.

15. Equipment Rules

- Participants may bring their own Lattu.
- It must be manually operated (string or finger spin).
- No electronic, battery-powered, or auto-spin devices allowed.
- String length must not exceed 1.2 meters.

Disabled participants may use adaptive aids approved by the jury before the event.

16. Code of Conduct and Transparency

- Unsportsmanlike behavior will lead to disqualification.
- Any attempt to manipulate scores or violate video rules will result in disqualification.
- Parents or coaches are not allowed to assist during official attempts.
- Final results will be published on the official Modern Pythian Games website.
- Jury decisions are final and binding.

Gulli Danda

(Offline & Online Format)

1. Name and International Recognition

Gulli Danda is a traditional game with deep roots in rural and folk culture. It is known by different names around the world:

- India: Gulli Danda
- Pakistan: Tipcat
- Nepal: Dandi Biyo
- Bangladesh: Danguli
- Sri Lanka: Ella Katta
- United Kingdom: Tip-cat
- Russia: Чижик (Chizhik)
- Italy: Lippa
- Spain: Bòlit
- France: Jeu de bouchon
- Thailand: Matko

2. Vision of Modern Pythian Games

The inclusion of Gulli Danda in the Modern Pythian Games aims to revive and promote indigenous games and traditional sports on global platforms. The event celebrates cultural heritage, inclusivity, and competitive spirit while integrating modern standards of organization and fairness.

3. Description of the Game

Gulli Danda is a bat-and-stick game where:

- A smaller stick (Gulli) is placed on the ground.
- A larger stick (Danda) is used to strike the Gulli.
- The objective is to hit the Gulli and cover maximum distance or perform specific skill-based actions as per rules.

4. Formats

Offline Mode

- Played in a designated open field or court.
- Real-time physical performance judged by panel.

Online Mode

- Participants submit video recordings of their attempts under strict guidelines.
- Live video sessions may also be conducted with real-time judging for finalists.

5. Categories

- General (Open to All)
- Para/Disabled Category
 - o Adaptive rules based on disability.
 - o Use of assistive devices allowed where applicable.
- Age Groups:
 - o Sub-Junior: Under 14
 - o Junior: 14–17 years
 - o Senior: 18–40 years
 - o Masters: 41+ years

6. Registration Process

- Participants must register through the official Pythian Games website or mobile app.
- Choose “Online” or “Offline” mode.
- Submit identity proof and age category document.
- For para-category, submit medical certification.
- Upload recent passport-size photo.
- Entry fee as per guidelines (varies by region and level).

7. Eligibility

- Open to all nationalities.
- Participants must be in good health (or provide para-certification).
- One participant can compete in only one age category.
- Prior experience not necessary, but basic knowledge of the game is expected.

8. Dress Code

- Comfortable athletic wear or traditional sportswear.
- Shoes with good grip for outdoor use.
- Gloves optional.
- For para-athletes: supportive or adaptive gear allowed with jury approval.

9. How the Game is Played

Offline Format:

- The Gulli is placed on the ground.
- The player uses the Danda to flick the Gulli into the air and then strike it again to send it as far as possible.
- Performance is measured based on:
 - Distance the Gulli travels
 - Style of flick and hit
 - Balance and control
- Each player gets 3 turns.
- Best turn is recorded.

Online Format:

- Participant submits a single continuous video (max 3 minutes).
- Video must clearly show:
 - Full view of the playing area
 - Preparation, flick, strike, and landing
 - Measurement method (tape or marked ground)
- Judges verify the action and distance based on visual evidence.
- No editing allowed.

10. Scoring Criteria

Judging will be based on the following:

- Distance Covered – up to 50 points
- Skill/Technique – up to 20 points
- Body Control and Style – up to 10 points
- Timing and Rhythm – up to 10 points
- Adherence to Rules – up to 10 points

Total: 100 points

For para participants, scoring will consider skill and effort relative to physical limitations.

11. Winning Criteria

- The participant with the highest score in their category wins Gold.
- Second highest gets Silver.
- Third highest gets Bronze.
- In case of a tie:
 - Additional round (offline) or
 - Jury decision based on style and technique (online)

12. Jury Panel and Qualifications

- Each jury consists of 3 to 5 experts.
- At least one member must have expertise in indigenous/traditional games.
- For para events, at least one jury member with experience in adaptive sports will be present.
- Jury decisions are final.

13. Other Rules and Regulations

- Fair Play: Any form of cheating, manipulation, or video editing will result in disqualification.
- Safety First: Players must wear safe and non-hazardous clothing and equipment.
- Respect for Tradition: Participants are encouraged to showcase cultural aspects respectfully if they wear traditional attire.
- Code of Conduct: Disrespectful behavior toward jury or opponents will result in penalty or disqualification.
- Weather Clause (Offline): Outdoor games subject to weather conditions will be rescheduled in case of rain or unsafe conditions.

14. Additional Guidelines for Online Participants

- Use a clear, stable camera angle.
- No background music or voiceovers.
- Natural environment (fields, open space) preferred.
- The Gulli and Danda must be traditional or approved measurements:
 - Gulli: 6–8 inches
 - Danda: 18–24 inches

15. Medals and Recognition

- Gold, Silver, and Bronze medals awarded in each age and ability category.
- Digital certificates for all participants.
- Special recognition for:
 - Best Traditional Attire
 - Most Creative Video (online)
 - Spirit of the Game Award

16. Appeals and Complaints

- Complaints must be submitted in writing within 24 hours of result declaration.
- Review committee decision is final.
- For online events, video will be re-evaluated by a second panel if needed.

17. Promotion of Global Heritage

Gulli Danda's inclusion supports the UNESCO vision of intangible cultural heritage. Through this competition, we aim to foster global understanding and unity through traditional games.

Three-Legged Race

1. Vision of the Event

The Three-Legged Race under the Modern Pythian Games aims to celebrate unity, coordination, and team spirit through a fun and competitive physical activity that transcends age, ability, and geography. Rooted in traditional play but redefined for a global cultural platform, this event invites participants of all backgrounds—including persons with disabilities—to compete fairly and joyfully in both online and offline formats, winning Gold, Silver, and Bronze medals.

2. International Names of the Game

The Three-Legged Race is known by different names around the world:

- India – Teen-Pair Daud (तीन-पैर दौड़)
- Russia – Бег вдвоем на трех ногах (Beg vdvoyom na tryokh nogakh)
- USA/UK – Three-Legged Race
- Japan – 三脚レース (Sankyaku Rēsu)
- Germany – Dreibeinlauf
- France – Course à trois jambes
- Spain – Carrera de tres piernas
- Africa (various regions) – Paired Rope Run or Bonded Sprint

3. Description of the Game

The Three-Legged Race is a traditional racing game where two participants tie one leg each (left of one and right of the other) together, forming a shared middle leg, and then race together toward a finish line. It requires coordination, rhythm, communication, and balance.

4. Competition Formats

Offline Mode

- Takes place on a marked race track (30–50 meters).
- Two participants race with one leg tied together.
- The fastest team to reach the finish line without falling wins.
- Separate lanes are assigned to avoid obstruction.

Online Mode

- Participants record a continuous video of their Three-Legged Race attempt at home or any open ground.
- The video must include:
 - Full view of start and finish point.
 - A clock/timer in view or digital timestamp.
 - Clear visibility of participants and tied legs.
- Video is uploaded via the official Pythian Games platform after registration.

5. Registration Process

- Participants must register as a pair/team of two.
- Registration is open online via the official Pythian Games portal.
- Categories must be selected during registration (General or Disabled).
- For offline events, teams are given venue and reporting times after verification.

6. Eligibility Criteria

- Open to all age groups above 7 years.
- Categories:
 - Junior (7–12 years)
 - Youth (13–18 years)
 - Adult (19–45 years)
 - Senior (46+ years)
 - Disabled/Para Category (no age limit; medical proof or ID required)
- No gender restriction; same-gender or mixed-gender teams allowed.

7. Dress Code

- Comfortable sports attire or cultural dress suitable for movement.
- Sports shoes are mandatory.
- Participants must wear their official registration bib or number for offline events.
- For online entries, participants must announce their names and category in the video before starting the race.

8. Game Play Rules

1. Teams of two tie one leg each (left and right respectively) using a soft fabric tie or Velcro strap.
2. The tie must be secure but not painful.
3. The race begins at the sound of the whistle (offline) or countdown (online).
4. Participants must run in synchrony toward the finish line.
5. If the tie comes undone, participants may stop and retie, but the clock does not stop.
6. Falling is not a disqualification unless it obstructs others (offline).
7. Touching or interfering with other teams is not allowed.

9. Categories of Competition

1. Offline General Category
2. Offline Disabled/Para Category
3. Online General Category
4. Online Disabled/Para Category

Each category will have Gold, Silver, and Bronze medals.

10. Jury Panel and Evaluation

Jury Panel Structure

- Composed of 3–5 jury members per event.
- Must include:
 - 1 certified sports coach or physical education expert.
 - 1 community leader or cultural coordinator.
 - 1 member experienced in inclusive or para sports.
 - Optional: guest referee or observer.

Jury Qualifications

- Degree or certification in sports, physical education, or coaching.
- Minimum 3 years of experience in athletic or traditional games.
- For online mode: familiarity with digital evaluations.

11. Scoring and Winning Criteria

Offline Mode:

- Timed performance.
- Correct technique and coordination.
- No rule violations.

Online Mode:

- Valid video format and visibility.
- Continuous footage with no cuts.
- Clock or timer must be visible.
- Video reviewed for:
 - Start and finish timing
 - Safety and proper tying
 - Synchronized movement

12. Winning Criteria

- Fastest valid timing in each category.
- In case of a tie: better coordination score or re-run if necessary.
- Medals awarded as per rank:
 - 1st – Gold
 - 2nd – Silver
 - 3rd – Bronze

13. Additional Rules and Transparency Guidelines

- All results will be published on the official Pythian Games portal within 48 hours of event completion.
- No editing or trimming of videos allowed for online entries.
- Participants can only compete in one category.
- All ties must be approved material (no metal, plastic or sharp items).
- Any participant found cheating, misrepresenting age or category, or violating sportsmanship will be disqualified.
- For disabled categories, suitable assistive adaptations (e.g., guided runs, prosthetics) are permitted after declaration at the time of registration.
- Jury decision is final and binding.
- Any complaints must be submitted within 2 hours (offline) or 12 hours (online) after result publication.

14. Medal Distribution and Recognition

- Top 3 teams per category receive official Modern Pythian Games medals and e-certificates.
- Additional special recognition for Best Coordination, Best Spirit of Participation, and Best Inclusive Entry (as decided by jury).

RING TOSS

(Offline & Online Format)

1. Introduction & Global Relevance

Ring Toss is a traditional game played worldwide under different names, usually involving the throwing of rings onto a target to score points. Though simple in concept, the game tests a player's accuracy, concentration, hand-eye coordination, and balance.

Global Names of Ring Toss:

- Russia: Кольцеброс (Kol'tsebro)
- USA/UK: Ring Toss
- India: Ring Game / Ring Throw
- China: 套圈 (Tao Quan)
- Germany: Ringwurfspiel
- Japan: 輪投げ (Wanage)
- France: Jeu de l'anneau

2. Vision of the Modern Pythian Games

The Ring Toss event promotes traditional recreation and skill-based sport, reviving cultural games in a modern, competitive and inclusive format. Medals will be awarded in Gold, Silver, and Bronze, and the event will honor both general and disabled (para) participants equally in online and offline categories.

3. Game Description

Objective:

Players aim to throw rings from a fixed distance onto a set of pegs or targets. Points are awarded based on the difficulty or distance of the target hit.

Equipment Required:

- A standard Ring Toss board with 5–10 pegs (marked or color-coded)
- 5 rings per player (made of plastic, rope, or rubber)
- For online players: High-definition camera, internet, and competition-approved setup

4. Modes of Participation

a. Offline Mode

- Played on the event field under official supervision.
- Rings and pegs are provided by organizers.

b. Online Mode

- Players must record or livestream their performance.
- The camera must show full view of the participant, distance markers, and successful or failed throws.
- The setup must be pre-approved by the Pythian technical team through video submission.

5. Age Categories

- Sub-Junior: Under 12 years
- Junior: 13 to 17 years
- Senior: 18 to 59 years
- Masters: 60 years and above
- Para Categories: All age groups (classified by disability type and level)

6. Eligibility Criteria

- Open to all nationalities.
- Participants must be in good health or certified fit by a medical professional.
- Disabled participants must declare their condition during registration for fair classification.
- Minimum age: 5 years.

7. Registration Process

- Registration is done via the official Modern Pythian Games portal or app.
- Select mode: Online or Offline.
- Upload a valid ID, recent photo, age proof, and disability certificate (if applicable).
- Submit a short video (for online mode) to validate setup.
- Pay the registration fee.

Receive unique participation ID and schedule.

8. Dress Code

- Comfortable sportswear or traditional attire with ease of movement.
- Shoes are compulsory in offline mode.
- No brand promotion or objectionable prints allowed on clothing.
- Para participants may wear adaptive gear or mobility devices.

9. How the Game Is Played

Offline:

- Each player stands behind a marked throwing line (at 2–3 meters).
- They throw 5 rings, one at a time.
- Each successful ring placement scores points based on peg value.

Online:

- Players record or livestream the same format from home or authorized centers.
- A neutral observer or jury may attend virtually for real-time scoring.

10. Scoring Criteria

- Each peg has a score value (e.g., Center = 10 pts, Outer pegs = 5 pts).
- Maximum score per round: 50 points (5 rings × 10).
- Each participant gets two rounds; best total score is counted.
- In case of a tie, a one-ring playoff will be conducted.

11. Winning Criteria

- Top 3 scorers in each category (age + mode + ability) win Gold, Silver, and Bronze medals.
- Certificates of participation are given to all.

12. Categories of Competition

Separate medals and rankings will be awarded in:

- Online – General
- Online – Para
- Offline – General
- Offline – Para

Each of these will further be split by age group.

13. Jury Panel and Judging Format

Panel Composition:

- 3 Judges per competition (including 1 technical referee)
- At least 1 judge must be a certified physical education or sports science graduate
- For para categories, 1 member with expertise in adaptive sports is mandatory

Qualification of Judges:

- Experience in physical education, sports coaching, or traditional games
- Certified by Modern Pythian Games Academy or approved national bodies

14. Jury Duties

- Verify correct setup and player conduct
- Score each throw accurately
- Ensure fairness and transparency
- Review online submissions in slow-motion if required
- Disqualify in case of manipulation or foul play

15. General Rules and Regulations

- No practice throws are allowed during actual competition.
- Rings that bounce off or fall off pegs get zero points.
- Players must stay behind the line while throwing.
- For online mode, the camera angle must remain fixed.
- Cheating, editing videos, or tampering with setup leads to disqualification.
- Appeals must be filed within 15 minutes of result announcement.

16. Code of Conduct

- Participants must behave respectfully with officials and peers.
- Any verbal or physical misconduct results in immediate disqualification.
- Drug use, alcohol, or doping are strictly prohibited.

17. Additional Guidelines for Online Mode

- The background must be clean and clutter-free.
- Players must show the measuring tape to confirm the 2–3 meter distance.
- No external assistance is allowed during play.
- A digital timestamp is required on videos.

18. Transparency and Fairness Measures

- Random checks of online participants' equipment
- Event footage will be preserved for 30 days for reviews
- A third-party observer may be invited for major finals

Judges' scores will be published within 1 hour post-event

Yoga Sports Competition

(Offline & Online Format)

1. Introduction and Vision

Yoga, an ancient practice of physical, mental, and spiritual discipline, has evolved into a competitive sport globally. The Modern Pythian Games recognizes Yoga Sports as a core discipline, promoting cultural health, unity, and excellence. Participants will showcase strength, flexibility, control, balance, breathing, and mindfulness through structured performances.

The competition will be held in two formats:

- Offline (In-person Stage Performance)
- Online (Live or Pre-recorded Submission)

It is open to both general and disabled (Para) participants, who will compete separately in their respective categories.

2. International Names and Recognition

Yoga as a competitive art form is known by different names worldwide:

- India: Yoga Sports / Yogasana Competition
- Russia: Йога-спорт (Yoga-sport)
- USA/UK/Canada: Competitive Yoga / Yoga Championship
- Japan: ヨガスポーツ (Yoga Supōtsu)
- France: Compétition de Yoga
- Germany: Yoga-Wettbewerb

Modern Pythian Games unites these styles under one inclusive platform.

3. Description of the Game

Yoga Sports Competition is a judged performance where participants perform a sequence of Yogasana (yoga postures) that demonstrate:

- Strength
- Flexibility
- Balance
- Control
- Breath regulation
- Harmony of body and mind

Each performance is limited in time and scored by a professional jury on technical perfection, difficulty, and presentation.

4. Modes of Participation

Offline Mode (In-person)

- Participants perform live on stage before a jury.
- Duration: 2–4 minutes per participant or team.
- Venue: Approved by the Pythian Organizing Committee.

Online Mode

- Option 1: Live performance via video conferencing.
- Option 2: Pre-recorded video (with time/date stamp) submitted through the official portal.
- Videos must be unedited and recorded in a single take.

Both formats are judged using the same criteria.

5. Registration Process

- Step 1: Visit the official Modern Pythian Games website or mobile app.
- Step 2: Choose your participation mode (Online/Offline).
- Step 3: Fill the registration form with personal and performance details.
- Step 4: Upload ID proof, medical certificate (for disabled category), and a passport-size photograph.
- Step 5: Pay the registration fee (non-refundable).

Last date for registration is 15 days before the event.

6. Eligibility Criteria

- Open to all nationalities.
- Minimum age: 6 years (Age groups specified below).
- Participants must be physically and mentally fit.
- Separate divisions for General and Disabled (Para) Athletes.
- Each participant must declare any physical limitations or medical conditions.

7. Dress Code

- Participants must wear appropriate yoga attire (comfortable, body-fitting, and non-restrictive).
- Colors: Plain, sober, and non-distracting.
- No shoes or socks allowed during performance.
- For online participants, background must be clean, well-lit, and distraction-free.

Disabled participants may use assistive gear upon pre-approval.

8. Categories and Age Divisions

Each division will have Gold, Silver, and Bronze medals.

General Categories

- Sub-Junior (6–10 years)
- Junior (11–15 years)
- Youth (16–20 years)
- Adults (21–35 years)
- Senior (36–50 years)
- Veterans (51+ years)

Disabled Categories (Para Yoga)

- Visually Impaired
- Hearing Impaired
- Physically Disabled (Seated or Assisted)
- Intellectually Disabled

Each category will have male, female, and mixed entries, including solo and group performances (up to 5 per team).

9. How It Is Played

- Participants perform a sequence of 5 yoga postures.
- Each posture must be held for a minimum of 5 seconds and maximum 20 seconds.
- Transition between postures must be smooth and rhythmic.
- Breathing must be controlled and visible.
- The total performance time must not exceed 4 minutes.

10. Jury Panel and Qualifications

- Minimum 3 certified yoga judges per panel.
- Judges must have:
 - International or national-level certification in Yoga or Physical Education.
 - Minimum 3 years' experience in yoga coaching or judging.
 - Knowledge of modern scoring and ethical judging practices.
 - No direct relation to participants.

11. Scoring Criteria

Maximum score: 100 Points, distributed as follows:

- Technical Execution (40 points)
 - Correct posture alignment
 - Stability and balance
 - Duration held
- Difficulty Level (20 points)
 - Complexity of poses selected
 - Transitions and flow
- Presentation (20 points)
 - Grace and expression
 - Confidence and body control
- Breath Control (10 points)
 - Synchronization of breath with movement
- Overall Impact (10 points)
 - Stage presence (or video quality in online)
 - Artistic and spiritual appeal

12. Winning Criteria

- Highest scorers receive Gold, Silver, and Bronze medals in each category.
- In case of a tie, the participant with higher marks in “Technical Execution” will be ranked higher.
- Certificates will be awarded to all participants.
- Jury decisions are final and binding.

13. Additional Rules and Regulations

- Each participant can compete in only one age and disability category.
- Disqualification grounds:
 - Use of prohibited substances or assistance
 - Over-edited videos in online mode
 - Misrepresentation of eligibility
- Live sessions may be recorded for fairness and transparency.
- All online videos are subjected to plagiarism and duplication checks.
- The organizing body holds the right to disqualify or cancel entries for breach of rules.

14. Ethics and Transparency Guidelines

- Judges must sign a declaration of neutrality.
- Organizers must ensure no judge evaluates any student or athlete from their own academy or training center.
- Scoring sheets will be maintained for all participants and available on request after results.
- Live or recorded jury feedback may be shared for learning purposes.

Taekwondo

(Offline & Online Format)

1. Introduction and Vision

The Taekwondo Competition under the Modern Pythian Games is designed to promote global cultural harmony through martial arts. This event celebrates athletic discipline, artistic expression, and inclusive participation. Taekwondo, originally a Korean martial art, is now practiced globally and goes by different names in different regions. The Modern Pythian Games embrace this diversity and aim to create a platform for all practitioners—general and disabled—to showcase their skills and win recognition through Gold, Silver, and Bronze medals.

2. International Naming and Variations

Though known globally as Taekwondo, it may be referred to by different or adapted names in various countries:

- Russia: Тхэквондо (Tkhekvondo)
- Korea: 태권도 (Taekwondo)
- Japan: テコンドー (Tekondō)
- China: 跆拳道 (Tái quán dào)
- France: Taekwondo
- Spain: Taekwondo

All styles recognized under the umbrella of Taekwondo (such as WT, ITF, ATA) may be included if aligned with competition standards.

3. Description of the Game

Taekwondo is a Korean martial art characterized by head-height kicks, jumping and spinning kicks, fast kicking techniques, and artistic forms (poomsae). The sport consists of two main formats:

- Sparring (Kyorugi): Two participants compete against each other to score points using permitted techniques.
- Forms (Poomsae): Participants demonstrate a pre-set sequence of movements to showcase technique, balance, and grace.

4. Modes of Competition

Offline Mode

- Conducted at the official Pythian Games venue.
- Participants compete live before a physical panel of judges.
- Sparring is done using certified safety gear.
- Poomsae is performed in a designated performance area.

Online Mode

- Conducted via live or recorded video submission.
- Sparring: Shadow sparring or one-sided technique demonstration.
- Poomsae: Performed in front of a camera in a well-lit, clean space with proper angle.
- Submissions evaluated by a jury through video review or live Zoom sessions.

5. Categories of Participation

Competitions are open to the following divisions:

1. General Participants

- Male
- Female

2. Disabled / Para Participants

- Para-Taekwondo (Recognized classes including limb impairment, visual impairment, etc.)

Age Categories

- Sub Junior (8–12 years)
- Junior (13–17 years)
- Senior (18–40 years)
- Veterans (41 years and above)

6. Registration Process

- All participants must register through the official Modern Pythian Games portal.
- Documents required: ID proof, age certificate, medical fitness certificate, disability certificate (for para category).
- Mode of participation (online or offline) must be specified at registration.
- Entry fee applies per category.

7. Eligibility Criteria

- Open to all nationalities and skill levels.
- Participants must belong to a recognized school or federation of Taekwondo.
- Para participants must have valid classification from a medical professional or official sports body.

8. Dress Code

- General Competitors: White or official colored dobok (Taekwondo uniform) with appropriate belt.
- Para Competitors: Adapted uniforms allowed as per need.
- Protective gear for sparring: Headgear, chest guard, shin guards, gloves, groin guard, and mouthguard.
- No jewelry or sharp objects allowed during performance.

9. How the Game is Played

Sparring (Kyorugi)

- Point-based match with kicks and punches to the permitted target zones.
- Each round is 2 minutes (may vary based on age).
- Victory by highest score, knockout, or opponent disqualification.

Forms (Poomsae)

- Performance of set sequences judged for precision, balance, rhythm, power, and expression.
- Performed solo or as a team.
- Judged on both technical and artistic criteria.

10. Jury Panel

Structure

- Each match/performance is judged by 3–5 jury members.
- At least one jury member must be a certified international Taekwondo judge.
- Online evaluations done by video judges trained in remote assessment.

11. Scoring and Winning Criteria

Sparring

- Points awarded as follows (general overview):
 - Punch to chest: 1 point
 - Kick to chest: 2 points
 - Spinning kick to chest: 4 points
 - Kick to head: 3 points
 - Spinning kick to head: 5 points
- Penalties (Gam-jeom) are given for infractions such as pushing, stepping out, or falling.

Poomsae

- Technical (4.0): Accuracy of movements, stances, balance.
- Presentation (6.0): Speed, power, rhythm, energy.
- Total: 10-point system.
- Deductions for stumbles, incorrect sequences, or lack of focus.

12. Medals and Recognition

- Gold, Silver, and Bronze medals awarded in each category (per age and ability).
- Online and Offline medalists recognized separately.
- Participation certificates for all valid entries.
- Special Jury Mention for exceptional artistry or resilience.

13. Other Rules and Regulations

- No discrimination on the basis of gender, region, disability, language, or affiliation.
- All disputes must be raised within 30 minutes of result announcement.
- Video proof will be reviewed in case of online dispute claims.
- Coaches are not allowed to influence judges.
- Respectful conduct is mandatory from all participants and spectators.
- Doping or use of performance-enhancing substances is strictly prohibited.
- Any false documentation will result in immediate disqualification.

14. Transparency and Ethics

- All events are recorded and archived.
- Jury declaration and participant scores are displayed post-judgment.
- Independent observers may be appointed to monitor fairness.
- Randomized draw system used for match fixtures in offline mode.
- Online events include timestamp validation to prevent manipulation.

Karate

(Offline & Online Format)

1.Global Identity of Karate

Karate is a globally recognised martial art, known for its disciplined movements, strikes, and self-defence techniques. While the term “Karate” is universally accepted, it is also known by different names or adapted styles in various countries:

- Russia: Kapatə (Karate)
- Japan: 空手道 (Karatedō)
- Korea: Gwonbeop (권법) – historical martial arts with similarities
- China: Wushu or Quanfa (拳法) – foundational martial roots
- India: Karate or Desi Martial Arts (in some regional adaptations)
- Middle East & Africa: Recognized broadly as Karate, with local martial art influences

2.Vision of the Pythian Karate Event

The Modern Pythian Games aim to unite cultures through arts, sports, and traditional games. Karate, being both an art and a discipline, promotes respect, focus, physical fitness, and inner strength. This competition provides equal opportunities to general and disabled participants, both online and offline, with Gold, Silver, and Bronze medals in each category.

3.Description of Karate as a Competition

Karate is a traditional martial art involving a combination of:

- Kata (forms) – Demonstrating pre-arranged sequences of movements
- Kumite (sparring) – Controlled fight between two participants (Offline only)
- Kihon (basics) – Fundamental techniques and stances (mainly in lower age or special categories)

In the online mode, participants perform Kata and/or Kihon.

In the offline mode, all three – Kata, Kumite, and Kihon – may be included depending on the category.

4. Online mode– How It Is Played

1. Participants submit a video of their performance (Kata or Kihon) within the assigned timeline.
2. The video must be:
 - Shot in landscape mode
 - Clearly display full body from head to toe
 - Unedited and in one single take
 - Performed in proper Karate attire
3. The video is uploaded through the official registration portal or via provided Google Drive link.
4. Jury evaluates the video based on predefined scoring criteria.

5. Offline mode – How It Is Played

1. Participants perform Kata, Kumite, or Kihon live at the competition venue.
2. Matches are held according to their category and division.
3. Trained referees and jury members judge and score performances on the spot.
4. Protective gear is mandatory for Kumite participants.

6. Registration Process

1. Visit the official Modern Pythian Games portal.
2. Select Karate Competition – Online or Offline mode.
3. Fill in the required details:
 - Name, Age, Gender, Disability (if applicable), Country, Belt Rank
4. Upload valid ID and martial arts certificate (if available).
5. Pay the registration fee (if applicable).
6. Receive confirmation and category allocation via email.

7. Eligibility Criteria

- Open to all genders, all countries, and all age groups.
- Minimum age: 6 years
- No upper age limit
- Participants must mention their belt rank and martial arts school/style.
- Separate divisions for:
 - General participants
 - Para/Disabled participants (visually impaired, physically disabled, hearing impaired, etc.)

8. Dress Code

- Karate Gi (Uniform): White, with appropriate belt (colour to reflect rank)
- Clean and presentable attire mandatory
- For Kumite: mandatory protective gear (gloves, shin guards, mouthguard, headgear for youth)

9. Competition Categories

Each category will have Gold, Silver, and Bronze medal winners.

By Mode:

- Online: Kata, Kihon (General and Para)
- Offline: Kata, Kihon, Kumite (General and Para)

By Age Groups:

- Sub-Junior (6–9 years)
- Junior (10–14 years)
- Youth (15–20 years)
- Senior (21–40 years)
- Masters (41 years and above)

By Belt Rank:

- Beginners (White to Yellow)
- Intermediate (Orange to Green)
- Advanced (Blue to Brown)
- Black Belt Category

10. Jury Panel & Referees

Jury Composition:

- 3 to 5 qualified judges per performance panel
- 1 Head Judge for each event (with minimum 5 years of experience)

Qualifications:

- Must hold Black Belt (1st Dan or above)
- Certified from recognised Karate federations or schools
- Trained in digital evaluation methods (for online judges)

11. Scoring Criteria

Kata / Kihon (Both Online & Offline):

- Technique accuracy (30%)
- Balance and posture (20%)
- Speed and power (20%)
- Rhythm and timing (10%)
- Expression of energy (10%)
- Presentation and discipline (10%)

12. Kumite (Offline Only):

- Points awarded for:
 - Clean strike to permitted target area
 - Timing, distancing, and control
 - Penalties for illegal contact or unsporting behavior
- Victory by:
 - Highest score at end of bout
 - Sudden victory (first to score in case of tie)
 - Disqualification of opponent

13. Winning Criteria

- The highest total score in each category will determine winners.
- In case of tie:
 - For Kata: Head judge's decision is final
 - For Kumite: Additional bout may be conducted or referee decision considered

14. Other Rules and Regulations

1. Transparency:

- All judging is documented and video-recorded
- Online submissions are blind reviewed (judge cannot see participant's name or location)
- No jury member can judge their own student or academy

2. Disqualification Grounds:

- Inappropriate attire
- Late submission (online)
- Editing or manipulating video
- Misbehavior or disrespect

3. Appeals:

- Appeals allowed within 24 hours of result announcement
- Must be submitted in writing with valid reasoning

4. Anti-Cheating Measures:

- AI or manual checks for duplicate or edited video entries
- Use of time-stamped videos for online events

15. Inclusivity for Disabled Participants

- Events adapted based on disability category
- Extra time, guided assistance, or visual cues may be permitted
- Special jury training for evaluating Para Karate events
- Medals awarded in separate disabled categories, ensuring fair representation

GATKA

1. What is Gatka?

Gatka is a traditional martial art of Indian origin, particularly from the state of Punjab. It uses wooden or metal sticks and is performed with rhythmic footwork, agility, and choreographed movements. Historically rooted in the martial traditions of Sikh warriors, Gatka is today recognized as both a combat sport and a cultural performance.

2. Names of Gatka in Different Countries

- India (Punjab): Gatka
- Russia: Гатка (pronounced "Gatka") or referred to as традиционные индийские боевые искусства
- UK/USA/Canada: Indian Stick Martial Art / Gatka
- Pakistan: Shastar Vidya (linked term)
- Germany/Europe: Indian Martial Stick Fighting
- Nepal/Bangladesh: Desi Martial Art
- Sri Lanka: Indian Warrior Dance

3. Game Categories

- 1.Solo Performance (General) – Offline
- 2.Solo Performance (Disabled) – Offline
- 3.Solo Demonstration (General) – Online
- 4.Solo Demonstration (Disabled) – Online
- 5.Duel/Combat Format (2 Players) – Offline only
- 6.Synchronized Group Performance (3–5 members) – Offline

4. How It Is Played

Offline Format

- Solo Performance: Single participant performs a choreographed series of offensive and defensive Gatka techniques using a traditional stick or sword replica.
- Duel Format: Two participants face off in a friendly combat match using padded sticks, following safety guidelines.
- Group Performance: Teams perform synchronized Gatka routines demonstrating unity, rhythm, and martial coordination.

Online Format

- Video Submission: Participants record a clear video of their Gatka demonstration (solo), showing traditional steps and moves within a time limit.
- Live Performance (Optional): Finalists may be invited to perform live via video conferencing before the jury.

5. Eligibility

- Age Groups:
 - a. Sub-Junior: Under 14
 - b. Junior: 14–18
 - c. Senior: 19–35
 - d. Veteran: 36 and above
 - e. Para Category: All age levels for persons with disabilities
- Open to all genders and nationalities.

6. Registration Process

1. Visit the official Modern Pythian Games portal.
2. Choose your mode (Online/Offline) and category.
3. Upload valid ID, age proof, and disability certificate (if applicable).
4. Pay the registration fee (as applicable).
5. Receive confirmation and guidelines within 3–5 days.

7. Dress Code

- Traditional Gatka attire (Kurta, Churidar, Turban, Patka or Headgear) or comfortable martial arts gear.
- Shoes not allowed; barefoot or traditional martial slippers only.
- For para participants, adaptive costumes allowed.
- Offensive symbols or logos are strictly prohibited.

8. Jury Panel

- Each event is judged by a panel of 3 to 5 qualified Gatka experts.
- Jury members are selected from certified Gatka instructors, cultural martial arts federations, and experienced performers.

9. Jury Qualification

- Must have at least 5 years of active experience in Gatka or traditional martial arts.
- Preferably certified by recognized martial arts/cultural boards.
- For online mode: experience in virtual judging and video analysis.

10. Scoring Criteria

Each performance (online/offline) is scored on a 100-point scale, divided as follows:

- Technique and Precision (30 points)
- Stance, Footwork, and Balance (20 points)
- Rhythm, Timing, and Flow (20 points)
- Expression and Traditional Element (10 points)
- Safety, Discipline, and Respect (10 points)
- Creativity/Choreography (10 points)

11. Winning Criteria

- Participants with the highest cumulative score will be awarded:
 - Gold Medal – 1st Place
 - Silver Medal – 2nd Place
 - Bronze Medal – 3rd Place
- In case of a tie, bonus points for originality and technical difficulty will determine the winner.

12. Rules and Regulations

1. All performances must be original and safe.
2. Weapons used should be traditional and approved (wooden sticks, sword replicas).
3. No harmful or dangerous acts allowed.
4. Time limit:
 - Solo: 2–3 minutes
 - Duel: 3 rounds of 1 minute each
 - Group: 4–6 minutes
5. Online videos must be unedited, shot in one take, and uploaded in specified format.
6. For disabled participants: Adaptive techniques and aids are welcome.
7. Language of announcement: English, Hindi, or local language with subtitles for online.
8. Disqualifications:
 - Use of real weapons
 - Dangerous behavior
 - Disrespectful conduct
 - Video manipulation in online mode

13. Transparency and Ethics

- All judging is done independently; scores are recorded and countersigned.
- Judges must declare conflict of interest if any.
- Participants can request brief feedback after the results are declared.
- Video records and score sheets will be maintained for audit.
- Any complaints must be submitted in writing within 24 hours of result declaration.

14. Medals and Recognition

- Gold, Silver, and Bronze Medals will be awarded to winners in each category and age group.
- Certificates of Participation for all registered participants.
- Special recognition for best performance by a para-athlete and for cross-border cultural representation.

This Gatka competition, under the banner of Modern Pythian Games, not only preserves a historic martial tradition but also reimagines it for a global, inclusive audience, blending heritage, pride, and innovation.

Muaythai Competition

1. Introduction and Historical Background

Muaythai, often referred to as the “Art of Eight Limbs,” is a traditional martial art and combat sport that originated in Thailand. It evolved from ancient battlefield tactics into a formalized system of self-defense and eventually became a national sport of Thailand. The technique emphasizes the combined use of fists, elbows, knees, and shins, representing the eight points of contact. Over centuries, Muaythai has developed into a globally recognized sport, known for its discipline, strength, endurance, and cultural heritage.

Traditionally, Muaythai was practiced with deep spiritual significance, involving rituals such as the Wai Kru Ram Muay (a dance to pay respect to teachers and ancestors).

Today, it blends cultural tradition with high-performance sport, drawing both practitioners and fans from all corners of the world.

2. Vision of the Modern Pythian Games for Muaythai

The Modern Pythian Games envision the promotion of Muaythai not only as a competitive combat sport but as a cultural and traditional art form that reflects heritage, discipline, and international unity. By incorporating Muaythai into the Pythian Games, the goal is to offer a prestigious platform where tradition meets global sportmanship—creating an arena for artistic expression through combat sports. The Modern Pythian Games seek to:

- Promote Muaythai globally as a symbol of cultural integrity and competitive spirit.
- Empower youth through structured sport discipline and international exposure.
- Integrate traditional martial arts within a broader celebration of global arts and culture.

3. Different Names of Muaythai in Other Countries

Muaythai, while native to Thailand, is practiced globally under various names and local styles:

- Thailand: Muaythai or Muay Boran (traditional form)
- Cambodia: Pradal Serey
- Myanmar (Burma): Lethwei
- Laos: Muay Lao
- Malaysia: Tomoi
- India (North-East States): Similar techniques practiced in regional martial traditions
- Russia and CIS countries: Thai Boxing (Тайский бокс)
- Global (Western Nations): Thai Boxing (commonly used in Europe, USA, and Australia)

4. Global Reach

Muaythai is actively practiced in over 85 countries across Asia, Europe, the Americas, Africa, and Oceania, making it one of the most widely spread traditional martial arts in the world. It is also gaining recognition in multi-sport events and cultural festivals.

5. Rules and Regulations for Muaythai Competition – Modern Pythian Games

1. Eligibility Criteria

- Open to both male and female athletes.
- Age Categories:
 - Sub-Junior: 10–13 years
 - Junior: 14–17 years
 - Senior: 18–40 years
 - Veteran: 41 years and above
- Each participant must be medically fit and provide a valid fitness certificate.
- National-level qualifying competitions will determine eligibility for international Pythian Muaythai events.

2. Weight Divisions

- Competitions shall be held in various weight categories based on age groups.
- Weight shall be verified during official weigh-ins 24 hours before the match.
- Any athlete exceeding the weight limit of their category shall be disqualified or moved to a suitable category if available.

3. Competition Format

- All bouts shall be conducted in a standard boxing ring of appropriate dimensions (minimum 6.1m x 6.1m).
- Rounds:
 - Sub-Junior: 3 rounds of 1.5 minutes each
 - Junior: 3 rounds of 2 minutes each
 - Senior/Veteran: 3 rounds of 3 minutes each
 - Rest: 1-minute interval between rounds
- Each bout shall have:
 - One referee inside the ring
 - Three judges outside the ring for scoring

4. Attire and Equipment

- Mandatory gear includes:
 - Boxing gloves (weight specified by age/weight category)
 - Head guard (Sub-Junior and Junior only)
 - Mouth guard
 - Groin protector
 - Shin guards (Sub-Junior and Junior only)
 - Muaythai shorts and vest/top
- Athletes must not wear any jewelry or items that may cause injury.

5. Permitted Techniques

- Punches (straight, hook, uppercut)
- Elbow strikes (excluding Sub-Junior category)
- Knee strikes
- Kicks (roundhouse, push kick, low kick)
- Clinching and throwing (without excessive force or injury intent)

6. Prohibited Actions

- Headbutts, biting, eye gouging
- Attacks to the groin, back of the head or spine
- Throws with malicious intent to injure
- Holding ropes for advantage
- Striking after the bell
- Excessive unsportsmanlike behavior

7. Scoring System

- Points awarded for:
 - Effective strikes with power and accuracy
 - Dominance in clinch
 - Ring control and aggression
 - Defensive skill
- Deductions:
 - Committing fouls
 - Repeated warnings
 - Unnecessary delay or time-wasting
- Victory by:
 - Unanimous or split decision
 - Knockout (KO)
 - Technical Knockout (TKO)
 - Referee Stoppage
 - Disqualification

8. Medical Safety and Anti-Doping

- On-site medical personnel shall be present during all bouts.
- Mandatory medical check-up before and after each fight.
- All athletes must comply with anti-doping protocols adopted by the Modern Pythian Games.

9. Dispute Resolution and Judging Panel

- The judging panel shall be appointed by the official organizing committee of the Pythian Games.
- Appeals must be submitted within 30 minutes of the match's end.
- A technical review board will review the footage and make a final binding decision.

10. Cultural Element and Pythian Spirit

- Before each bout, athletes may perform a Wai Kru or similar traditional ritual as a mark of respect to their coaches, tradition, and the spirit of the Pythian Games.
- Athletes are encouraged to uphold discipline, honor, and cultural exchange through respectful conduct.

6. General Ethical and Legal Guidelines

- All participants must adhere to the Pythian Games Code of Conduct.
- Any act of violence, defamation, or disrespect to another nation's traditions or athletes will result in immediate suspension.
- Coaches and team officials must act responsibly and support fair play.
- The organizing committee retains the right to disqualify or penalize individuals or teams violating the integrity of the competition.

GADA YUDH (MACE COMBAT)

(Offline & Online Format)

1. Vision of the modern pythian games

The Modern Pythian Games are a global celebration of traditional arts, culture, and indigenous sports that aim to revive ancient forms in a modern competitive format. Gada Yudh represents not just a sport but a symbol of strength, honour, and discipline. The inclusion of both general and disabled participants underlines our commitment to inclusivity, equity, and empowerment through cultural sports.

2. International names for gada yudh

Gada Yudh is known by various names across different countries:

- India: Gada Yudh or Gada Kushti (मुलायम गदा युद्ध)
- Russia: Булавочный бой (Bulavochniy Boy)
- Mongolia: Бух балуур (Bukh Baluur - mace wrestling)
- Iran: Goshte-Gada
- Central Asia: Asa Kurasi (Stick-Mace Fight)
- Turkey: Topuz Dövüşü
- Africa (some regions): War Stick Combat
- Western adaptation (Martial sports groups): Mace Duel or Hammer Fight

3. Game description

Gada Yudh is a traditional martial art sport involving two individuals using cushioned maces (gada) in a safe, regulated combat match. The objective is to gain points by striking the opponent within designated target zones while maintaining balance, stance, and control. The match emphasizes strength, timing, reflexes, and traditional martial discipline.

4. Two formats: online and offline

offline Format: (Physical Combat Match)

- Participants fight in person in a circular arena or mat.
- Each fighter is equipped with a soft, cushioned gada (mace).
- Referees and judges are physically present.
- Match consists of 2 rounds of 2 minutes each with a 1-minute break.
- Safety gear is mandatory.

Online Format: (Shadow Combat Performance)

- Solo performance via live video.
- Participants perform a pre-designed Gada Yudh kata (form) or shadow fight with movement, aggression, footwork, defense, and attack techniques.
- Judged based on energy, form, accuracy, balance, rhythm, and expression.
- Live session via video call or pre-approved video submission within 2 minutes.

5. Participation Categories:

1. General Participants

- Male and Female divisions.
- Age Categories:
 - Juniors (10–17)
 - Youth (18–25)
 - Adults (26–45)
 - Masters (46+)

2. Disabled Participants

- Para combat participants divided based on mobility (standing/kneeling/wheelchair categories).
- Adapted rules and movements in both online and offline formats.
- Judged with equal opportunity on modified scoring systems.

6. Eligibility

- Open to all genders, nationalities, and levels of ability.
- No prior martial arts experience required for beginners category.
- Must be medically fit (certificate required).
- Para category participants must submit disability certificate or ID.
- Minimum age: 10 years.

7. Registration process

- Visit official Modern Pythian Games registration portal.
- Select category: General or Para; Online or Offline.
- Upload ID proof, age proof, and medical certificate.
- Upload performance video (for online) or book offline venue slot.
- Pay registration fee (if applicable).
- Receive digital confirmation and participation ID.

8. Dress Code

- Traditional attire or sports gear allowed (as per national cultural norms).
- Barefoot or soft martial arts shoes only.
- Mandatory gear for offline: padded helmet, chest guard, wrist and shin protection.
- Gada provided by organizers or approved standard.

9. How gada yudh is played

Offline:

- Two competitors enter a ring of 6–8 meters diameter.
- Begin with salutation.
- Fight under supervision of central referee.
- Valid strikes: shoulders, thighs, chest (not head, spine, or groin).
- Points given for clean strikes, balance, defense.
- Foul: pushing, hitting with extreme force, unsportsmanlike behavior.

Online:

- Participant performs a solo Gada Yudh routine.
- Use of traditional/cushioned gada only.
- Should demonstrate strength, control, and traditional movement (minimum 1 min, maximum 2 min).
- Video must be unedited, clear, full-body visible, and performed in safe space.

10. Jury Panel

- Number: 3 to 5 jury members per event
- Qualification:
 - Certified martial arts coach or judge
 - National/International traditional sport representative
 - At least 3 years experience in traditional combat sports
 - For Para events, at least one jury trained in inclusive sports
- Jury decisions are final and must be unbiased.

11. Scoring Criteria

Offline Format:

- Valid Strike – 1 point
- Balanced footwork – 1 point
- Dodge/Deflection – 1 point
- Knockdown (without foul) – 3 points
- Fouls – Minus 1 point
- 3 fouls = disqualification

Online Format:

- Power & Control – 10 points
- Accuracy of strikes – 10 points
- Form/Kata structure – 10 points
- Traditional essence – 10 points
- Discipline and expression – 10 points
- Maximum score – 50 points

12. Winning Criteria

- Highest score wins.
- In case of a tie, a 1-minute tiebreaker round (offline) or re-evaluation (online) will be held.
- Top 3 scorers awarded:
 - Gold Medal
 - Silver Medal
 - Bronze Medal
- All participants receive digital certificates.

13. Other Rules & Regulations

- No abusive behavior or gestures.
- No religious or political slogans on dress or equipment.
- Proper sportsmanship is mandatory.
- Appeal allowed within 30 minutes after result, with appeal fee.
- Organizers reserve the right to disqualify for misconduct.
- For online events, any evidence of editing, substitution, or manipulation leads to disqualification.
- Matches will be recorded and archived.

14. Transparency & fairness measures

- Randomized match order and jury assignments.
- Live score display in offline events.
- Live video feed of jury panel in online events.
- Video review facility for jury.
- Declaration of results within 24 hours of event end.

Kalaripayattu Competition

(Offline & Online Format)

1. About Kalaripayattu

Kalaripayattu (also spelled Kalaripayattu or Kalarippayattu) is one of the oldest martial art forms in the world, originating from the southern Indian state of Kerala. Known for its fluid movements, weapon techniques, physical strength, and inner discipline, Kalaripayattu integrates strikes, kicks, grappling, weaponry, and healing techniques.

2. International Names & Recognition

Kalaripayattu is gaining popularity across the world and may be known differently in various countries:

- Russia: Sometimes referred to as "Калари" (Kalari) in Russian martial art circles.
- Europe & America: Often introduced as "Indian martial yoga" or "Kalari Martial Art".
- Asia: Recognized in cultural exchange programs as "Kalari Combat Art of India".

3. Vision of the Modern Pythian Games

The Modern Pythian Games aim to revive and celebrate global arts, culture, and traditional sports, both ancient and modern. Through competitive platforms like Kalaripayattu, we encourage:

- Cultural exchange and global recognition
- Equal participation for disabled and general athletes
- Opportunities for individuals to win Gold, Silver, and Bronze medals
- Online and offline platforms for wider global participation
- Transparent, inclusive, and ethical competition structures

4. Competition Categories

The Kalaripayattu competition will be conducted in the following categories:

1. General Category

- Sub-Junior (Below 12 years)
- Junior (13–18 years)
- Youth (19–25 years)
- Senior (26 years and above)

2. Disabled Category (Para-Pythian)

- Separate male and female divisions
- Divided as per age and mobility level (standing or seated demonstrations)

3. Mixed Gender Showcase (for online performances only)

- Promotes inclusiveness and global presentation

5. Modes of Competition

Offline Mode

- Live demonstrations conducted on approved mats or Kalari floors
- Judged by physical jury presence
- Venue provided by the organizing committee or state/national federations

Online Mode

- Participants submit pre-recorded videos (3–5 minutes)
- Videos must be unedited and in a single continuous shot
- Live Zoom-based finals for top qualifiers may also be held

6. Description of the Game and Performance Elements

Participants will showcase:

- Basic stances and sequences (Meipayattu)
- Weapon techniques (Vadivu, Urumi, Stick, Dagger, etc.)
- Combat simulations (without opponent for solo)
- Flexibility and agility
- Breathing techniques and flow movements
- Traditional Kalari salutation and respect gestures

Disabled participants can demonstrate:

- Modified sequences suited to ability
- Upper body techniques, symbolic weapon demonstrations, or seated movement flows

7. How It Is Played

- Participants begin with a salutation
- Proceed through a series of traditional Kalari stances and movements
- Optional inclusion of weapons or partner demonstrations (for offline)
- Scored based on form, fluidity, control, accuracy, strength, and artistic presentation

8. Eligibility Criteria

- Open to all nationalities
- Participants must register in the correct age and ability category
- No prior medal is required
- Proof of age and identity mandatory

9. Registration Process

1. Visit the official Modern Pythian Games portal
2. Choose Kalaripayattu under Traditional Martial Arts
3. Select Online or Offline mode
4. Upload documents: Photo ID, age proof, disability certificate (if applicable)
5. Upload video (for online) or venue selection (for offline)
6. Pay entry fee
7. Receive confirmation and participation number

10. Dress Code

- Traditional Kalari attire preferred:
 1. Mundu/Shorts for males
 2. Churidar/tight-fitting trousers for females
 3. Barefoot performance is mandatory
- Disabled participants may wear modified safe attire suited to their abilities

11. Jury Panel & Qualification

- Panel Composition: 3 to 5 qualified jurors per performance
- Jury Qualifications:
 - Recognized Kalari Gurukkal or Level 3 Coaches
 - Minimum 5 years of experience
 - Certified by national or international martial arts bodies
 - For disabled categories, 1 panelist must be trained in inclusive sports judging

12. Scoring Criteria

Each participant is scored on a 100-point scale, broken into:

- Technique and Form: 30 points
- Balance and Coordination: 20 points
- Artistic Flow and Control: 15 points
- Weapon Handling (if included): 15 points
- Discipline and Salutation: 10 points
- Innovation and Creativity: 10 points

Minimum score to qualify: 60 points

13. Winning Criteria

- Top 3 scorers in each category (age/gender/ability) will be awarded:
 - Gold Medal (1st Place)
 - Silver Medal (2nd Place)
 - Bronze Medal (3rd Place)

In case of a tie:

- Jury will hold a discussion or request a short tiebreaker performance (online or offline, as applicable)

14. Additional Rules and Regulations

- Online videos must not be digitally enhanced or edited
- Offline participants must adhere to venue time limits
- Participants using weapons must ensure safety standards
- No vulgar expressions or aggressive behavior allowed
- Uniform and respectful conduct expected
- Plagiarism of other artists' styles without modification will lead to penalty
- Protests against jury results must be filed within 2 hours (offline) or 12 hours (online)
- Jury decisions are final and binding

15. Transparency Measures

- All online video entries will be archived
- Scoring sheets will be digitally recorded
- Finalists' performances will be published for public viewing
- Jury members must declare any conflict of interest in advance

Thang-Ta Competition

1. About Thang-Ta

Thang-Ta is a traditional martial art from Manipur, India, combining the art of armed combat (Thang – sword, Ta – spear) with rhythmic movements, dance, and self-discipline. It embodies both physical strength and spiritual balance, often accompanied by music, ritualistic forms, and dramatic presentation.

In international contexts, similar martial arts exist under different names:

- Russia: Comparable traditional practices include Cossack saber fencing and Cossack dance fighting.
- China: Known in aspects of Wushu and Traditional Chinese Weapon Arts.
- Korea: Related to Haidong Gumdo (sword martial arts).
- Japan: Comparable to Kenjutsu or Kendo in sword tradition.
- Europe: Linked to Historical European Martial Arts (HEMA).

2. Vision of the Modern Pythian Games

The Modern Pythian Games serve as a global cultural and artistic platform, reviving ancient Olympic ideals through art, culture, martial arts, and traditional games. The vision is to bridge nations, empower artists and athletes, and create inclusive competitions for general and disabled participants, promoting peace, creativity, and global unity.

3. Modes of Competition

Offline Format

Participants perform in front of live juries on designated stages using authentic weapons and traditional attire. Safety precautions and protective gear are mandatory.

Online Format

Participants submit high-quality video entries showcasing predefined routines, combat demonstrations, or forms, evaluated by an expert online jury.

4. Categories of Competition

The Thang-Ta competition will be held in the following formats:

- Solo Artistic Weapon Performance (Sword/Spear)
- Combat (Duel) Format – Light contact with protective gear
- Group Synchronized Performance (3–5 members)
- Para/Disabled Artistic Demonstration – Adapted format with or without mobility aid

5. Age Divisions

- Sub-Junior: 8–12 years
- Junior: 13–17 years
- Youth: 18–25 years
- Senior: 26–40 years
- Veteran: 41 years & above
- Para Categories: Divided as per physical mobility levels (Standing/Seated)

6. Registration Process

- 1.Mode: Online through the official Modern Pythian Games registration portal.
- 2.Documents Required: Age proof, ID card, medical fitness certificate, disability certificate (if applicable), signed code of conduct.
- 3.Fee: As per national or international entry slab.
- 4.Deadline: Registration closes 15 days before the competition starts.

7. Eligibility Criteria

- Open to all nationalities.
- Must be physically fit or medically cleared (for both general and para categories).
- Only one entry per participant in each category.
- Must wear traditional or officially approved Thang-Ta attire.
- Consent and guidance from guardian/coach mandatory for minors.

8. Dress Code and Equipment

- Traditional Manipuri attire or authorized martial arts uniform (solid colors).
- Foam/safe wooden weapons for online and junior categories.
- Realistic but non-lethal swords/spears for senior offline competitions.
- Protective gear mandatory in combat and duel rounds.
- Para-athletes may use personalized or supportive equipment as per need.

9. How It Is Played

Solo Performance

- Choreographed sequence using sword or spear (2–3 minutes).
- Judged for rhythm, posture, precision, martial skill, and artistic flair.

Combat (Duel)

- Two participants engage in a semi-contact sparring match using foam/thud weapons.
- Win based on touch points, clean strikes, and defense.
- Timed rounds of 2 minutes, 2 rounds with 1-minute break.

Group Performance

- 3–5 members perform synchronized martial arts sequences.
- Focus on timing, group harmony, and creative formations.

Para Demonstration

- Individual routine adjusted for mobility levels.
- Emphasis on spirit, presentation, and adapted skill.

10. Jury Panel and Jury Qualifications

- Each panel has 3 to 5 judges for transparency.
- Judges are qualified martial arts trainers, Thang-Ta masters, or black belt holders with at least 5 years of experience.
- For online format, certified martial arts evaluators from the Modern Pythian Games jury pool are assigned.

11. Scoring Criteria

Each category is scored on a 100-point scale:

1. Technique and Precision – 30 points
2. Creativity and Presentation – 20 points
3. Balance and Coordination – 15 points
4. Control and Discipline – 15 points
5. Expression and Cultural Value – 10 points
6. Adherence to Time Limit – 10 points

For Combat (Duel), scoring is based on:

- Clean Hits
- Defensive Technique
- Footwork
- Penalty-Free Conduct

12. Winning Criteria

- Gold Medal: Highest score in each category and age group.
- Silver Medal: Second highest score.
- Bronze Medal: Third highest score.

In case of a tie:

- Solo/Group: Judge's discretion based on expression and cultural value.
- Combat: Additional 1-minute round.

Separate medals will be awarded for Online and Offline competitions and Disabled and General categories.

13. Other Rules and Regulations

- Fair Play: Any cheating, plagiarism of routines, or use of edited videos (online) will result in disqualification.
- Dispute Resolution: Any dispute must be raised within 2 hours of result declaration. A jury review board decision will be final.
- Time Discipline: Delay beyond allocated performance window will lead to deduction or disqualification.
- Respect Protocol: Disrespect toward judges, organizers, or fellow participants may lead to a ban.
- Video Format (Online): Minimum HD quality, clear full-body frame, natural background or mat area preferred.
- Language & Announcement: Must begin with participant's name, country, and category (spoken or shown via title card).

14. Medal Recognition and Global Legacy

Winners of Thang-Ta will receive:

- Gold, Silver, and Bronze Medals with official certificate
- Feature in Pythian Records and social media highlights
- Nomination for Global Cultural Ambassadors (Top Performers)

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