CHRIST COLLEGE

UMEIT, RI - BHOI DISTRICT, MEGHALAYA 793103
AFFILIATED TO NEHU

2026 EVENTS

SPORTS MEET

SYMPHONY

22ND OCTOBER 2026
- POETRY WRITING COMPETITION
- ESSAY WRITING COMPETITION
- STORYWRITING COMPETITION

23RD OCTOBER 2026
- VOLLEYBALL
- FOOTBALL

26TH OCTOBER 2026
- 100 METER RACE
- 200 METER RACE
- RELAY RACE
- BASKETBALL

27TH OCTOBER 2026
- LONGJUMP
- SHOTPUT
- OBSTACLE RACE
- TUG OF WAR

28TH OCTOBER 2026
- PAINTING COMPETITION
- VEGETABLE CARVING
- PHOTOGRAPHY
- ANTAKSHARI
- MIMICRY
- MUSICAL RENDITION
- BEST OUT OF WASTE
- HAIR DRESSING
- COSPLAY

29TH OCTOBER 2026
- SINGING COMPETITION (SOLO AND GROUP)
- DANCING COMPETITION (SOLO AND GROUP)
- BEATBOXING
- RECYCLE FASHION SHOW

30TH OCTOBER 2026
- MR & MISS CHRISTALITE
- PRIZE DISTRIBUTION

SPORTS & CULTURAL RULES

VOLLEYBALL
- 6 players per team.
- Best of 3 sets: 23- 25- 15 points.
- Maximum 3 touches per team.
- Follow service & rotation rules.
- No net touch or foot fault.
- Maintain discipline & sportsmanship.
- Proper sportswear required.
- Referee's decision is final.

FOOTBALL
- Maximum 11 players per team.
- Two halves of 20 minutes each.
- Maximum 3 substitutions.
- Standard offside rules apply.
- Yellow and red cards apply.
- Drawn knockout matches go to penalties.
- Respect the referee and maintain fair play.
- Referee's and organizing committee's decisions are final.

100 & 200 METER RACE
- Minimum 2 participants per group.
- Start only on the official's signal.
- Stay in your assigned lane.
- No false starts or obstruction.
- First to cross the finish line wins.
- Maintain discipline and sportsmanship.
- Officials' decision is final.
- Report 15 minutes early.

RELAY RACE
- 4 runners per team.
- Start from the designated line.
- Baton must be passed within the exchange zone.
- A Do not throw the baton.
- Stay in the assigned lane.
- First team to finish with the baton wins.
- Officials' decision is final.

BASKETBALL
- 8 players per team.
- 5 players on court per team.
- Dribble while moving.
- No traveling or double dribbling.
- No pushing or holding.
- Ball out of bounds - opponent's possession.
- 2, 3 or 1 point scoring.
- Highest score wins.

LONGJUMP
- 3 attempts; longest legal jump counts.
- No overstepping the take-off line.
- Land in the sand pit.
- Foul: Overstepping or landing outside the pit.
- Measurement: From take-off line to nearest sand mark.
- Winner: Longest legal jump.

SHOTPUT
- Throw with one hand from the shoulder.
- Stay inside the circle.
- Do not step over the front line.
- Shot must land within the sector.
- Farthest valid throw wins.

OBSTACLE RACE
- 3 participants per group.
- Report 10 minutes early.
- Wear proper sports attire and shoes.
- Complete all obstacles in order.
- No skipping or obstructing others.
- Follow Acrobatic instructions.
- Fastest valid completion wins.
- Officials' decision is final.

TUG OF WAR
- 10 players per team.
- Start on the referee's signal.
- Best of 3 rounds.
- No wrapping or anchoring the rope.
- No pushing, kicking, or tripping.
- Referee's decision is final.

POETRY WRITING
- 5 participants from each group
- Submissions must be original & unpublished work
- Poems are usually required to be written in English or Khasi
- Poems should often not exceed more than 30 lines.
- All poems must have a title
- Entries prepared prior to the competition or brought from home are not permitted

ESSAY WRITING
- 5 participants from each group
- Submissions must be original & unpublished work
- Language- English or Khasi
- Essay must have a title
- Entries prepared prior to the competition or brought from home are not permitted

STORY WRITING
- 5 participants from each group
- Submissions must be original & unpublished work
- Give the story a suitable Title.
- Language- English or Khasi.
- Include a clear beginning, middle and ending.
- Entries prepared prior to the competition or brought from home are not prrmitted

PAINTING & SKETCHING
- Register name & department in the designated area.
- Time limit: 2 hours.
- Theme: Map of Memories.
- Bring your own materials.
- Rule violations may lead to disqualification.
- Maintain cleanliness & discipline.
- Sheet size: 18 × 21 inches.

VEGETABLE CARVING
- Open to all students; individual or team of two.
- Bring your own materials and tools.
- No pre- carving.
- Time: 45- 60 minutes + 10 minutes for cleaning/display.
- Only edible materials allowed.
- Maintain safety and cleanliness.
- Judged on skill, creativity, finish & presentation.

PHOTOGRAPHY
- Submit only original photos taken by the participant.
- Maximum 3 entries per participant.
- Photos must be clear, appropriate, and high-resolution.
- No watermarks, logos, or names on photos.
- Follow the given theme, if any.
- Obtain permission before photographing people or private places.
- Judges' decision is final.

ANTAKSHARI
- 4 members from each team.
- Each team has a limited thinking time commonly 10 - 15 seconds.
- Songs cannot be repeated within the same round or game.
- Songs are usually in the participants' preferred languages; English, Hindi and Khasi.

MIMICRY
- Individual event. Each group may send at least one participant.
- Time limit: 3 minutes per participant.
- Mimicry: Personalities, characters, animals, sounds, etc.
- Languages: English, Khasi or Hindi.
- Keep the performance decent, respectful and appropriate.
- Props/music require prior approval.
- Originality and creativity are encouraged.

MUSICAL RENDITION
- Solo performance.
- Any musical instrument may be used.
- Time limit: Maximum 3 minutes.
- Setup time: Maximum 2 minutes.
- Own instruments preferred.
- Judging: Skill, rhythm, accuracy, creativity and stage presence.
- Judges' decision is final.

BEAT BOXING
- 3 participant from each group
- Time limit: 3 - 5 minutes.
- Only mouth/vocal sounds allowed.
- No instruments or backing tracks.
- Offensive language is not allowed.
- Judged on creativity, rhythm, technique and performance.

COSPLAY
- Choose any character.
- Submit a reference picture.
- Maximum 3 minutes.
- Match costume and performance to character.
- No dangerous props or inappropriate content.
- Judging: Accuracy, creativity, originality, and confidence.
- Arrive 15 minutes early.
- Judges' decision is final.

BEST OUT OF WASTE
- Use only waste materials
- No pre- finished items
- 4 participants in a team (2 teams from each group)
- Participants are prohibited from Using ready-made models, external resources like mobile phones or the internet.

HAIR DRESSING
- Report 20 minutes early.
- Bring your own tools and materials.
- Arrange your own model.
- Finish within the time limit.
- Maintain cleanliness.
- No assistance or unfair practice.
- Preparation: 5 min; Hairdressing: 45- 60 min.

RECYCLE FASHION SHOW
- 2 teams per group; 2 participants per team. Model and Designer.
- Outfits must mainly use recycled/waste materials.
- Ready-made costumes cannot be the main part.
- Presentation time: 3 - 5 minutes.
- Outfits may be prepared beforehand.
- No copying or unfair practice.
- No offensive or inappropriate content.
- Judges' decision is final.

SINGING (SOLO & GROUP)
- Solo: Maximum 4 participants from each team
- Group : Maximum of 7 participants from each team
- Performance time: Maximum 2 - 3 minutes
- Genre of song: Hindi, English & Khasi
- Participants must bring their own instruments
- Lyrics referral is not allowed during performance.

DANCING (SOLO & GROUP)
- Solo Dance: Maximum 4 participants per team
- Group Dance: Maximum of 6
- participants from each team
- Performance time: Maximum 3 minutes
- Props allowed, but must be safe and easy to handle
- Costumes must be decent and appropriate
- Submit/ Ready your music track in advance

MR & MISS CHRISTALITE

