



# Parvatibai Chowgule College of Arts and Science (Autonomous)

Accredited by NAAC with Grade 'A+'  
Best Affiliated College-Goa University Silver Jubilee Year Award



## COLLEGE SPORTS POLICY

Sport is an integral part of social development that needs to be encouraged. At Chowgule College, sports or any activity leading to physically active life style are considered important component of overall personality development. We encourage staff and students to participate in physical activities and sports, as we firmly believe in its benefits. Our aim is to produce young men and women who are physically active and who play with good sportsmanship and are competitive every time they step onto the field. We intend to teach our students to be committed to their team and take responsibility for their actions. In order to bring the awareness amongst the students we intend to draw a “College Sports Policy”. The policy is binding to one and all of the Chowgule Tigers Community.

The main objective of the College Sports Policy is to include SPORTS as an important part of the overall curriculum offered by the college to its pupils.

### 1. THE OBJECTIVES OF THE COLLEGE SPORTS POLICY

- a. To motivate students to become part of the ongoing recreational and competitive sports programme.
- b. To inform the students about the benefits of being involved in an active lifestyle.
- c. To involve faculty members to assist the Department of Physical Education and Sports Management in promoting, organizing and supervising the college Sports and ‘Active Life’ programme.
- d. To feature ‘NEC Sports Hour’ in the Time Table and to assign a faculty member to monitor the students’ presence in the activities conducted during sports hour.

### 2. THE ROLES AND THE RESPONSIBILITIES OF:

#### 2.1. THE COLLEGE:

- a. The college will give priorities to Sports and shall consider it as an integral part of the college academic programme.
- b. The college shall make available necessary funds and infrastructure to implement the policy to its fullest.
- c. The college will encourage/invite talented sportsmen to join the college.
- d. The college will make provision in the college time table so as to involve students in competitive as well as recreational sports.
- e. The college shall take suitable action against faculty or students not abiding the Sports Policy.

#### 2.2. THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS MANAGEMENT:

- a. The College Director of Physical Education shall organize, supervise and administrate competitive, recreational and leisure time sports activities.
- b. The College Director of Physical Education shall organize orientation programme for students for better understanding of sports facilities and programmes of the college.

- c. The College Director of Physical Education shall organize talent search programme to identify talented sportsmen eligible to join the college at graduate and post graduate levels.
- d. The College Director of Physical Education shall organize “Sports and Fitness Test” for all the students joining at graduate and post graduate levels for the respective term. The test will include 12 minutes run, Standing High Jump and tennis ball throw. It will be mandatory for a student to give all three tests on a given day. The College Director will also conduct Sports Fitness Test and Sports Skill proficiency test for students aspiring to participate in Inter Collegiate tournaments.

### **2.3. THE FACULTIES:**

- a. The teachers should take pride in associating themselves with sports activities and in motivating/promoting students to take part in sports.
- b. The teachers must make students aware about the sports policy of the college.
- c. The teachers must encourage students to be involved in the college sports programme.
- d. The teachers should not deter any student from participating in internal as well as external sports activities authorized by the college management.
- e. The teachers should not organize an extra lecture/tutorial/exam or any other related activities during the assigned time for sports activities or events.
- f. The teachers should assist the Department of Physical Education and sports in promoting, organizing and supervising the college sports programme.
- g. The teachers should volunteer to organize additional lectures/practical (if possible) for the college sportsmen missing them due to their involvement in external sports activities.
- h. The teachers must be aware about the achievements of their students and must highlight the same during their interaction with each other, if possible in a classroom situation.
- i. **The teachers must assign “duty leave” to the sportsmen on sports duties authorised by the college.**
- j. **Faculty member must provide a fair chance to the student to undergo and complete the academic work missed out by the student, while on “duty leave”.**
- k. **The College Director of Physical Education has to organize for the lectures and practical missed by students, in consultation with respective Teacher and Mentor.**

### **2.4. THE STUDENTS:**

- a. The student should take pride in associating themselves with sports activities and in motivating / promoting fellow students to take part in sports.
- b. The student must be a member of a sports club in order to participate in any internal or external sports or related activities of the Department of Physical Education.
- c. All the members of student community are categorized in two groups; Students committed towards fit and active lifestyle and Students aspiring to represent college teams for inter institutional sports competition.
- d. The Department of Physical Education and Sports Management will conduct Tiger General fitness test for Students committed towards fit and active lifestyle.

## **3. TIGER GENERAL FITNESS TEST**

The Department of Physical Education and Sports Management will conduct Tiger General fitness Test for all students.

All the students applying for sports credits are expected to sign up for appearing in “TIGER FITNESS TEST” in each semester.

The test will be mandatory for claiming Nonn Evaluative Credits in Sports and related activities and will include;

- a. **Run/Walk 3 rounds of “Tiger’s Domain” (Artificial Football ground) in maximum 8 min for men / 10 minutes for women.**
- b. **Standing High Jump for minimum height of 12 inch for men/ 9 inches for women.**
- c. **Tennis ball throw for minimum distance 25 meters for men/ 15 mtrs for women.**
- d. **Shuttle run 10 meters 3 repetitions within 30 seconds for men / 45 seconds for women.**
- e. **Sprint 30 meters within 5 seconds for men / 7 seconds for women.**
- f. **Balance walk, 15 meters in 7 seconds for men / 10 seconds for women.**
- g. **Ten sit ups in 30 seconds for men / 45 seconds for women.**

This test will have to be completed by all students once a term while they are enrolled at Chowgule College. Student can appear for this test any time during a term with prior appointment with their respective sports clubs / Department of Physical Education and Sports Management.

This test will have to be successfully cleared in one attempt. Failure to do so the students has option of reattempting the test.

Failure to appear and /or clear this test during the course of the term will result in deduction of 10 contact hours from the specific term of the year.

Students clearing the test will be awarded 5 contact hour per semester.

No student will be allowed to ask for exemptions from the test unless authorised by the College Director of Physical Education.

#### **4. TIGER SPORTS FITNESS TEST**

The Department of Physical Education and Sports Management will conduct Tiger Sports fitness and sports skill proficiency test for Students aspiring to represent college teams for inter institutional sports competition.

- a. All the students applying for representing college sports teams are expected to sign up for appearing in “TIGER SPORTS FITNESS TEST” in each semester.
- b. Non participation or failure to clear Tiger Sports Fitness Test **will deny a place in college sports teams as well as for claiming Sports Credits hours for participating in National or international sports competition.**
- c. A student will be given maximum two chances per semester.
- d. The test will be mandatory and will include;
  - i. **LEVEL 1 YOYO TEST (STANDARD BEEP TEST).**
  - ii. **SPECIFIC SPORTS SKILL PROFICIENCY TEST.**
- e. These tests will have to be completed by all students once a term while they are enrolled at Chowgule College. Students can appear for this test any time during a term with prior appointment with the Department of Physical Education and Sports or by email at [dvb001@chowgules.ac.in](mailto:dvb001@chowgules.ac.in). This test will have to be successfully cleared in maximum two attempts. Students are permitted to take as many attempts as they need to clear this, however if the test has to be repeated they will redo all the seven tests. Failure to appear and/or clear this test during the course of the term will result in deduction of 5% from their respective

attendance. No student will be allowed to ask for exemptions from the sports test unless authorised by the Principal.

If you manage to clear all seven test in one attempt (no matter how many attempt you take), 5% attendance will be added to the students' account.

## **5. COLLEGE TEAM / CLUB ATTENDANCE /ANNUAL WEEKLY TRAINING PROGRAM / ACADEMIC PERFORMANCE / DRESS CODES / CAPTAIN**

In order to avail the benefits of the College Sports Facilities, Tiger Sports Club system and the new sports policy of Government of Goa and Goa University, a *bonafide* student of this college must abide by the following guidelines of the sports policy of the college.

- a. A student must be a regular member of a respective students' sports club (Students' Sports Club affiliated to the Department of Physical Education and Sports).
- b. A student must be registered for the annual weekly training program in order to represent the college in the extramural tournaments.
- c. The student must have 75% of attendance in the annual weekly training program as well as the course for which he or she is admitted.
- d. The student must represent the college team in the Inter Institutional and other tournaments authorized by the college.
- e. The student must appear in all the intra semester assessments and semester end examinations of the college/university.
- f. The college team will withdraw from a respective sports tournament, if there is not sufficient number of players required to form a team.
- g. College teams that travel are representatives of Chowgule College and we expect very high standards of behavior. They are also proud members of a team and their behavior should in no way cast aspersions on themselves, their team members, the coaching staff and most importantly the college. Consequently all college teams must show a sense of belonging and for that we have introduced a very strict dress code while the Tiger team travels. The dress code is; Tiger T-Shirt (Orange), trousers/sports pants and shoes/sports shoes and official Tiger Sports attire while playing.
- h. No jeans/Slippers or any other casual attire will be permitted. Any team member not abiding by these conditions will be eliminated from the team. This rule applies to both the girls and boys teams. The college Director of Physical Education on this matter will be final and binding on all.
- i. Captains of all the teams will meet Principal before they leave college for external sports competition.

## **6. TIGER OLYMPICS / TIGER SPORTS FIESTA /TIGER COLLEGE GAMES / INTRA SPORTS CLUB EVENTS**

- a. It is desirable that every student participates in either or all of the above mentioned events.
- b. The request for participation in any of the above activities should be routed through their respective clubs/ Sports Council.

## **7. DUTY LEAVE**

**Duty leave will be sanctioned by Department only for following purpose;**

- a. Representing college at any authorised inter collegiate tournament or event or maximum two preparatory matches prior to competition.
- b. Representing Goa State or India at any National or international tournament or training camp. However the student will have to seek a prior permission.
- c. For members of students sports council required to conduct any internal sports programme however this facility will be available for not more than two days.
- d. Duty leave cannot be sanctioned to any students beyond the reasons mentioned above.
- e. **Goa University Ordinance OA-17.3.8 shall be followed in such cases.**
- f. A faculty member must assign “duty leave” to the student qualifying the criteria laid down in above mentioned ordinance. Faculty member must provide a fair chance to the student to undergo and complete the academic work missed by the student, while on “duty leave”.
- g. Student representing college at the Inter Collegiate sports tournament organised by Goa University or any other recognised institution and authorised by College, need not require prior permission and proof of participation.

**8. SPORTS MERIT MARKS.**

- a. Students will be awarded sports merit marks as per the policy of Government of Goa and as accepted by the College management.
- b. The college will take the responsibility of identifying the eligible student and further procedure of submitting the same to concerned authorities on or before March 31<sup>st</sup> of the Academic year. However the students claiming after 31<sup>st</sup> March shall be responsible to complete the formalities themselves.
- c. Sports Merit marks for a particular semester are allotted for participating in any authorised sports activity for college state or country prior to the last exam conducted for that semester.
- d. Allotment of Sports Merit Marks to a student is subject to an approval of rightful participation at University, State, National or International level by Sports section of Goa University. College will not be responsible of rejection of any claim made by students. However if any student has grievance then that should be addressed to Asst Director of Sports, Sports Section, Goa University.
- e. Goa University ordinance **OA-5.16.1** shall be followed in all such cases.



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