

# 2014

## MEDICOS' WEEK

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Approved by Director of Physical Education Unit, University of Jaffna and MSU at its special meeting held on 15 March 2014 placed for the faculty board approval at its 293<sup>rd</sup> meeting.

Amended and approved at special MSU meeting held on 10th April 2014 accommodating the suggestions given by evaluation panel comprised of Dr. (Mrs.) V.Ambalavanar, Mr.R.Surenthirakumarn and Mr.S.Sanchayan appointed by Faculty board at its 293<sup>rd</sup> meeting.

**Placed before the faculty board and approved with the made amendments at its 294<sup>th</sup> meeting held on 23<sup>rd</sup> April 2014.**

## Terms of Reference

Medical Students' Union

4/22/2014

## **01. Introduction**

Faculty of Medicine has been the pioneers in holding many students activities that provide a great opportunity to work enthusiastically as a team despite tight academic schedule. Medicos' Week is one of such events and it has been a platform for students to portray their talents and creative idea.

Last year, we had the 21<sup>st</sup> Medicos' Week and in contrast to the previous medicos' weeks; a points system was introduced for overall ranking. Earlier the batch that gets the highest number of championships was awarded the overall championship. A separate rules and regulations for each Medicos' week had been prepared by the organizing committee of Medicos' Week of the respective year.

The rules and regulation for some games were not in accordance with the standards of any approved bodies and that had been unsatisfactory to many students. For example; the volley ball rules we had been following as tradition is a mixture of 'set-up games' and 'over game'. Also these practices have been a drawback for medical students when participating in inter-faculty matches.

Hence, Medical Students' Union 2012/13 at its first meeting held on 3rd Jan 2014 decided to standardize the rules and regulations and the point system and prepare the Terms of reference to conduct medicos' week. It is also suggested to adopt the points system used by physical education unit of university of Jaffna which is used for freshers' meet and inter faculty matches. The rule and regulation for each game is to be revised and approved by the director of physical education unit of university of Jaffna.

The Medicos' Week shall be conducted according to the approved TOR. Any changes shall be made discussed at MSU meeting and made through the respective authorities.

## 02. Objectives

- To enhance students' sports activities by creating a sportive environment.
- To build up creative talents of students by giving opportunities in aesthetic field.
- To give opportunity to work as a team in succeeding a given task.
- To develop leadership qualities, personality and inter personnel relationships.
- To enhance planning skills and performing different tasks.
- To enhance students' to face and tackle challenges.
- To develop organizing capabilities of the students.

### **03. Medicos' Week Organizing Committee**

The committee will be comprised of President, Vice President, Secretary, Treasurer Editor, Event Coordinators (two members), Committee members and two representatives (Male & female) from each batch. The office bearers will be elected in a batch meeting and their names shall be forwarded to President/ Secretary of MSU by respective batch representatives.

The committee will become functional with the approval from the President/MSU, senior treasurer/MSU, Student councilor/Faculty of medicine and Dean/Medicine.

The responsibilities and key activities of the Medicos' Week Organizing Committee include;

- Each event shall be conducted in accordance with this document.
- Organize and schedule each event of Medicos' weeks
- Getting permission from relevant departments and units to schedule venue, date and time.
- Seek sponsorship and funding for the event
- Ensure healthy interaction among the students

## 04. General Rules and regulations of Medicos' week

### 4.1 General Rules

1. As the time is limited, all the events will be held on a knocked out basis except chess (Chess is played according to the Swiss System).
2. The sports events of the Medicos' Week shall be organized in accordance with the most recent technical rules of the International / National Body of the relevant sports unless adopted by SLUSA subsequently adopted by the department of Physical Education of University of Jaffna to conduct the fresshers' meet and Inter-Faculty Competitions.
3. The Name list of participation for each event should be submitted to the **Technical Committee** (see below) through their batch representatives for the Medicos' Week on or before the date informed by the committee.
4. The draws for the matches will be scheduled by using "Toss" in the presence of all batch representatives for the Medicos' Week and President/Secretary of Medicos' Week organizing committee.
5. For each event, Date, time and venue will be informed through the batch representatives.
6. If any batch / group that fails to report at the event venue within 30 min from the scheduled time without prior information (Prior permission shall be obtained before 12 hours) is considered lost (No points shall be given) in that particular competition and the opponent shall be enounced as winners for which they receive the deserved points.

7. The referees for each event shall be organized by Medicos week organizing committee with the suggestion of officials of physical education unit, University of Jaffna.
8. Referees decision will be final. If it is not satisfactory then complain can be forwarded through Medicos week president or President of MSU in written format for the concern of a Jury of appeal. Their decision cannot be altered.
9. If any event is stopped without a finish (Due to climate) by judges, it will be held again from the beginning as a new event.
10. As the drama is made compulsory, A team (Batch/group) fails to stage these events cannot qualify for Overall Championship or Runners Up.
11. Overall champion and overall runners up will be awarded at the end of Medicos' Week according the final aggregate points.

#### **4.2. Jury of Appeal**

1. Each Medicos week shall have its Jury of Appeal comprising of the three staff members nominated by each Medicos' Week organizing committee.
2. During the competition, any protest must be submitted in writing to the Jury of Appeal or to the President / Secretary of Medicos week committee in accordance with the regulations laid down by MSU regarding Medicos' Week.
3. Any such protest must be submitted not later than 24 hours after the official announcement of the results of the relevant competition.

#### **4.3 Technical Committee**

1. It is the Sub-committee of Medicos' week organizing committee.

2. It will be comprised of one representative for each event appointed by Medicos' week organizing committee lead by the event Coordinators.

#### **4.4 Withdrawal from Competitions**

1. If a batch/ group withdraw from any event after the draw has been completed, clear explanation shall be submitted to the MSU.
2. If a batch/ group withdraw from a match of the tournament after playing several matches without a valid reason, they will be removed from the Medicos week competitions next year.

#### **4.5 Medical Facilities**

Medical and emergency care (First Aid) will be available at the site of the competitions and that medical attention will be provided where athletes and sportsmen / sportswomen are injured.

#### **4.6 Information Desk**

1. Shall be available for discussion of technical issues, information concerning competition for practice, points system and results of each event.
2. Shall maintain a dedicated notice board to portray the event schedules, results and the current standing of each batch / group with points.
3. Shall keep the website up to date pertaining to medicos' weeks.
4. This shall be coordinated by the editor of Medicos' week organizing committee.

## 5. Rules and regulations of Sports and Games

### 5.1 Football

1. Total number of competitors : 15
2. No of players who can participate at a time : 11
3. **Time (minutes)** : 30 - 5 - 30
4. **Tie break** Extra time : 5 mins - If the Score are still same;
5. Penalty kicks : 5 (Five) Penalty kicks will be awarded until the tie will be broken. If the Score are still same; Additional penalty kicks will be awarded until the tie is broken.

### 5.2 Cricket (Men & Women)

1. Total number of competitors : 15
2. No of players who can participate at a time : 11
3. 2 players can throw of 3 overs and other 3 players can throw 2 overs
4. It will be of total 12 overs.
5. The Medicos week organizing committee shall decide on conducting the Cricket women competition.
6. Cricket men and women competition shall be counted as separate competitions.

### 5.3 Volleyball set-up (Men and Women)

1. Total number of competitors : 12
2. No of players who can participate at a time : 6
3. Every game will have 3 sets (25 points or 2 points leads thereafter)
4. *Jersey with Number* is compulsory

5. Volleyball men and women competition shall be counted as separate competitions

#### **5.4 Basketball (Men and Women)**

1. Total number of competitors : 12
2. No of players who can participate at a time : 5
3. 4 quarters each of 10 minutes (Total 40 Mins)
4. Basketball men and women competition shall be counted as separate competitions.
5. The Medicos week organizing committee shall decide on conducting the Basketball women competition.
6. The Medicos week organizing committee shall decide on whether to conduct as running time / playing time considering the time and academic schedule .
7. Basketball men and women competition shall be counted as separate competitions

#### **5.5 Thachi (Men and Women)**

1. Total number of competitors : 08
2. No of players who can participate at a time : 06
3. Time (men) 15mins-Interval 5mins-15mins (total 35mins)
4. Time (Women) 10mins-Interval 5mins-10mins (total 25mins)
5. Thachi men and women competition shall be counted as separate competitions
6. Except participants and referees others are prohibited to enter the playing area.

7. Whistling and giving commands (related to the rules of the game) to the players while playing is strictly prohibited.

## 5.6 Netball

1. Total number of competitors : 10
2. No of players who can participate at a time : 07
3. Time – (20 mins, break 5 mins) : 20-5-20
4. **Tie break** Extra time : 3 mins

If the Score are still same: Joined Championship shall be given in the final match.

## 5.7 Badminton, Table Tennis and Carom

01. 5 Men and 5 women (including reserve Players)
  1. 2 Singles –Men
  2. 2 Single- women
  3. 1 Double – Men
  4. 1 Double- Women
  5. 1 Mixed Double
02. Badminton points are calculated as per rally. First to reach 21 points (best of 3 sets)
03. For TT points are calculated as per rally. First to reach 11 points (best of 5 sets)
04. Carom will be conducted in the basis of 25 points system and one hour time limit.

05. Badminton, Table Tennis and Carom competitions shall be counted as separate competitions.

06. *Order of conducting the matches:*

01. First men single

02. First women single

03. Second men single

04. Second women single

05. Mixed doubles

06. Men doubles

07. Women double

### **5.8 Hockey (Men & Women)**

1. Total number of competitors : 10

2. No of players who can participate at a time : 7

3. Time: 15 min play – 5min interval – 15min play (Total 35 Mins)

4. ***Tie break*** Extra time : 5 mins - If the Score are still same;

Penalty kicks : 3 (Three) Penalty scooping will be awarded until the tie will be broken. If the Score are still same; Additional penalty scooping will be awarded until the tie is broken.

5. The Medicos week organizing committee shall decide on conducting the Hockey women competition.

6. Hockey men and women competition shall be counted as separate competitions.

### 5.9 Elle (Men & Women)

1. Total number of competitors :20
2. No of players who can participate at a time : 16
3. One innings will be played
4. Time: 40 balls / all-out – 5min interval – 40 ball / all-out (Total 35 Mins)
5. **Tie break** shall be made concerning the number of wickets.
6. The Medicos week organizing committee shall decide on conducting the Elle women competition.
7. Elle men and women competition shall be counted as separate competitions

### 5.10 Chess

1. The team should comprise of six players (3 males & 3 females) and two reserves (a male and a female).
2. The team order, which should be fixed during the whole event, should be submitted before 15 minutes of the starting time of the first day.
3. First 3 boards shall be for the male students and other 3 for female students.
4. **Chess Clock:** The Fisher mode will be used giving Chess Clocks.
5. **Ties:** If there are two or more teams tied for any position, the Ties will be broken using the following tie breakers:
  1. The total of Game Points
  2. Percentage SB
  3. Individual result between tied teams.
  4. Results of players starting from board

## 5.11 Athletics

01. One athlete can participate in not more than 3 events

02. The following events are open:

1. Slow Cycle race – Men and women separate competition (2 members from a batch / group)
2. Tug of war (7 members in a batch / group)
3. Walking race
4. 5000m race.

*Open events are not taken into account to restrict an athlete from participating in not more than 3 events.*

03. From each batch / group 2 students are expected to take part in each event

04. Participants should wear appropriate dresses for the events

## **6. Rules and regulations of Aesthetic Competitions**

### **6.1 Drama**

01. The theme of the drama should be of social interest.
02. Time limit is 20 mins (+/- 2 mins) - This time limit will be followed strictly.
03. Drama is an essential part of medicos' week. Teams (Batch/ group) that fail to stage a drama will be made unfit to win the overall champions and overall runners-up
04. Drama Scripts should be given seven days prior to the staging. It can be instructed to make changes if the judges feel it as inappropriate drama to be staged (For example: if it is related to politics)
05. Stage material, Scripts, and training of drama are encouraged to be done by their own team (Batch/Group) members with or without acquiring help from outside sources.
06. During the competition, stage arrangements and background music should be done by the medical students.
07. Minimum no of competitors : 12 members
08. Decisions of Judges is final
09. Best actor (men and women) awards will be given by judges.

### **6.2 Verse Writing (Poem)**

01. It will be held in Tamil medium
02. Only 2 can participate from each team.
03. Title for Verse will be given at the competition venue by the judges.

04. Time limit for writing and presenting of the participants verses will be decided 10 mins before the competition.
05. Participants should be present 10 mins before the competition. No extra time will be given to latecomers
06. Participants should be able to complete the Verse writing in front of referees within the limited time, which will be decided by the referees.
07. The decision of Judges is cannot be altered.

### **6.3 Short story writing (Tamil & English)**

1. Only 2 students can participate from each batch/ group.
2. Title and time limit will be given at the competition venue by the judges.
3. Participants should be present 10 mins before the competition if they fail to be in time no extra time will be given.
4. Participants should be able to complete the short story in front of referees within the limited time, which will be decided by the referees.
5. The decision of Judges cannot be altered.
6. Awards for first 3 places will be given.
7. The Medicos week organizing committee can decide whether to conduct in Tamil medium or in English medium or in both medium considering the time and academic schedule (One of them should be there in a medico's week).
8. If both are held in a Medicos week, it shall be considered as two different competitions and points shall be given separately.

#### **6.4 Musical Contest**

1. It is a group event of 15 (+/- 2) Mins duration.
2. It can be comprised of Vocal (Tamil, Sinhala & English songs) and instrumental.
3. All the members (Singers and instrument players) of the group should be the medical students.
4. Singing songs with Karoke / recorded music tract is prohibited and everything should be a live performance.
5. Minimum no of competitors : 6 members
6. Participants should be present 15 mins before the competition. if they fail to be on time, they will be considered as withdrawn from the competition.
7. The decision of Judges cannot be altered.

#### **6.5 Dance Contest**

1. It is a group event.
2. The types of dance competitions can be Bharathanatyam, folk (Kummi, Kolaattam, Karaham and Kaavadi), kandyan dance and western dance.
3. Cinematic type dances should be avoided in the context of cultural view (dancing for cinema songs as is films).
4. Medicos' week organizing committee can decide on which type of dance competition to conduct in a medicos' week, considering the feasibility, practicability, time and academic schedule. One type of dance contest should be conducted in a medico's week.

5. For Bharathanatyam; the item of dance (Eg. Urupadi), for folk; Kummi / Kolaattam / Karaham / Kaavadi and the time duration for the performance shall be decided by the Medicos week organizing committee concerning the time and academic schedule.
6. If more than one type of dance completion is conducted in a Medicos week, it shall be considered as different competitions and points shall be given separately.
7. Dancers should wear appropriated dress/costumes when performing.
8. Minimum no of competitors : 3 members
9. Participants should be present 15 mins before the competition. If they fail to be on time, they will be considered as withdrawn from the competition.
10. The decision of Judges is cannot be altered.

### **6.6 Best speaker contest**

01. It will be held in English medium
02. Only 2 students can participate from each batch/ group.
03. The contest may comprise of two phases, namely; The Prepared Speech & Impromptu Speeches.
04. The Medicos week organizing committee shall decide on conducting the Prepared Speech competition or Impromptu Speeches competition or both considering the time and academic schedule.
05. If both are held in a Medicos week , the same participants have to take part in both Prepared Speech competition or Impromptu Speeches competition as they it will be considered a a single event for providing points.

## 06. Speech Timings & Selection of topics

### 1. Prepared Speeches

- i. Speech should be between 5 to 7 minutes
- ii. Speaker will be disqualified if the speech falls short of 4 minutes 30 seconds or if it exceeds 7 minutes 30 seconds
- iii. Selection of topics: contestants are free to speak on any topic of his/her choice apart from those which discriminate a particular section of a community or are politically motivated.

### 2. Impromptu Speeches

- i. Speech should be 1 minute 30 seconds to 2 minutes long
- ii. Speaker will be disqualified if the speech falls short of 1 minute Or if it exceeds 2.30 minutes
- iii. Title and time limit will be given at the competition venue by the judges.
- iv. The use of electronic devices and other aids including visuals, slide projectors and charts will not be permitted.

07. Participants should be present 10 mins before the competition if they fail to be on time no extra time will be given.

## **6.7 Debate**

1. It is a group event.
2. It will be held in Tamil medium

3. A group should be consists of 3 students.
4. The title and preparation time will be decided at competition venue by the judges.
5. Participants should be present 10 mins before the competition if they fail to be in time no extra time will be given for preparation.
6. The decision of Judges cannot be altered.

### **6.8 Quiz**

1. It is a group event.
2. It will be held in English medium
3. A group should be consists of 4 students.
4. Questions shall be asked from a Varsity of fields.
11. Participants should be present 10 mins before the competition. If they fail to be on time, they will be considered as withdrawn from the competition.
5. The decision of Judges cannot be altered.

### **6.8 Drawing**

1. No of students for participation from each batch/ group will be decided by Medicos week organizing committee.
2. Title and time limit will be given at the competition venue by the judges.
3. Participants should be present 10 mins before the competition if they fail to be in time no extra time will be given.
4. The decision of Judges cannot be altered.
5. The Medicos week organizing committee can decide on the paper Size of the drawing.

## 07. Points System and Awards

Points will be given up to the places equal to number of teams (batch/group) take part in a medicos' week at the time.

### 7.1 Points System for all Sports and Games

- 1st place : 7
- 2nd place : 5
- 3rd place : 4
- 4th place : 3
- 5th place : 2

### 7.2 Points system for athletics

#### Each event

- 1st place - 7 points
- 2nd place - 5 points
- 3rd place - 4 point
- 4th place - 3 points
- 5th place - 2 points

#### Team events (Relay)

- 1st place - 10 points
- 2nd place - 7 points
- 3rd place - 5 points
- 4th place - 3 points
- 5th place - 2 points

#### *Points for overall athletic ranks*

- 1st place - 15 points
- 2nd place - 10 points
- 3rd place - 7 points
- 4th place - 5 points
- 5th place - 3 points

✓ Overall athletic ranking will be made according to the total points.

## **7.3 Points system for Aesthetic Competitions**

### **1. Drama, Musical Contest & Dance Contest**

- 1<sup>st</sup> place- 15 points
- 2<sup>nd</sup> place- 10 points
- 3<sup>rd</sup> place- 7 points
- 4<sup>th</sup> place- 5 points
- 5<sup>th</sup> place- 3 points

### **2. Verse Writing (Poem), Short story writing, best speaker contest and drawing**

- 1st place- 5 points
- 2nd place- 4 points
- 3rd place- 3 points
- 4th place- 2 points
- 5th place- 1 points

### **3. Debate and Quiz**

- 1st place- 7 points
- 2nd place- 5 points
- 3rd place- 4 points
- 4th place- 3 points
- 5th place- 2 points

## **7.4 Awards**

- The winner of athletic events will be awarded at the end of athletic meet.
- The winner of drama will be awarded following the competition.
- The winners of the Musical and Dance Contests will be awarded on the talent show held by Medicos' week organizing committee.
- Overall championship and winners of other events will be awarded in Final day of Medicos week.

## **08. Conclusion**

The Medicos' Week shall be conducted according to the terms of reference defined in this document. Any changes shall be discussed at MSU meeting and amendments will be done with the approval of physical education unit and faculty board.