



7th ARCHDIOCESAN INTER-SCHOOL COMPETITIONS

LA GARA 2026

:- ORGANISED BY :-
ST. JOSEPH'S CO-ED SCHOOL
ARERA COLONY, BHOPAL

Forever Forward (Athletics)

Date : 31st October
Reporting Time : 8:30 a.m.
Activity Time : 8:45 a.m. to 12:00 a.m.
Venue : Main Ground



EVENTS

50 mts (Girls)	Class V	B/A 01-01-2016	200 mts (Girls)	Class IX	B/A 01-01-2010
100 mts (Boys)	Class VI	B/A 01-01-2015	400 mts (Boys)	Class X	B/A 01-01-2010
100 mts (Girls)	Class VII	B/A 01-01-2014	200 mts (Girls)	Class XI	B/A 01-01-2008
200 mts (Boys)	Class VIII	B/A 01-01-2013	400 mts (Boys)	Class XII	B/A 01-01-2008

MUST READ

Each school may participate in any four events out of the eight events.

Rules & Regulations:

- All athletes must be bonafide students of the participating school.
- Each school may send only one athlete per category.
- Only the winner of each heat will qualify for the next round.
- If the number of athletes in a particular event is fewer than 8, then the race will be considered as 'FINAL'.

Position	Points	Position	Points
1st	07	4th	03
2nd	05	5th	02
3rd	04	6th	01

- Merit Certificates will be awarded only to athletes securing 1st, 2nd and 3rd positions. However, Participation Certificate will be awarded to all the participants.
- The host school shall not be responsible for any incident, loss or mishap occurring during the meet.
- Decision of official's shall be final and abiding.
- The last date for registration is 3rd September 2026.

NOTE:

- ID cards shall be provided in advance to all members of each participating school and must be worn throughout the programme.
- Last minute entries are not permissible.
- Event-wise prizes will be distributed at the respective venue immediately after the event.
- The Overall Trophy will be presented during the Concluding Ceremony.

FOR QUERIES CONTACT
5:00 P.M. TO 7:00 P.M.

Ms. Kiriti Jadiya
Mr. Jojoy Thomas

+91 9425453462
+91 98260 93149

Concluding Ceremony

Venue: Stage (Primary Wing)

Time: 12:30 p.m.



7th ARCHDIOCESAN INTER-SCHOOL COMPETITIONS

LA GARA 2026

:- ORGANISED BY :-
ST. JOSEPH'S CO-ED SCHOOL
ARERA COLONY, BHOPAL

The Kumite Arena (Karate)

Date : 31st October
Reporting Time : 8:30 a.m.
Activity Time : 9:00 a.m. – 10:30 a.m.
Venue : Karate Room

Classes : VI and VIII
Theme : Individual Kumite (Fighting)
Participant(s) : 02 (1 Boy and 1 Girl)



Event Details:

The Karate Competition aims to promote discipline, confidence, self-control, sportsmanship and physical fitness among students. Participants will compete in Kumite (Fighting) under the rules prescribed by the World Karate Federation (WKF) ensuring a fair and professional competitive environment.

General Instructions:

- Participants should be physically fit and medically sound to compete.
- Schools are requested to ensure that participants reach the venue well before the scheduled reporting time.
- The organising committee shall not be responsible for the loss or damage of personal belongings.
- Participants are expected to maintain discipline and show due respect towards officials, volunteers, fellow competitors, and the rules of the competition.

Rules & Regulations:

- Girls' schools may nominate up to two girl participants for the competition.
- All participants must report to the venue at least 30 minutes before the commencement of the competition.
- Participants must wear the prescribed Karate Uniform (Karate Gi) throughout the competition.
- Each bout shall be of 1 minute 30 seconds.
- Each participant must bring and use their own:
 - Gloves
 - Shin Guards
 - Mouth Guard
- The competition shall be conducted strictly in accordance with the World Karate Federation (WKF) rules and regulations.
- Participants are advised to bring their own Water Bottle.
- The competition shall be conducted separately for:
 - Boys Category
 - Girls Category





The Kumite Arena (Karate)

- Incomplete or late registrations shall not be entertained.
- The Organising Committee reserves the right to modify the rules, regulations or schedule whenever deemed necessary.
- All participants must uphold the principles of fair play, respect, discipline and sportsmanship throughout the competition.
- The participants will be evaluated on the basis of:
 - Technical skill
 - Accuracy of techniques
 - Speed and timing
 - Control
 - Effective offensive and defensive techniques
 - Sportsmanship
 - Compliance with WKF rules
- Any participant found guilty of misconduct, indiscipline, or unsportsmanlike behaviour shall be disqualified.
- The decision of the Referee and Judges shall be final and abiding.
- The last date for registration is **3rd September 2026**.

NOTE:

- ID cards shall be provided in advance to all members of each participating school and must be worn throughout the programme.
- Last minute entries are not permissible.
- Event-wise prizes will be distributed at the respective venue immediately after the event.
- The Overall Trophy will be presented during the Concluding Ceremony.

FOR QUERIES CONTACT
5:00 P.M. TO 7:00 P.M.

Mr. Inayat Rehman



+91 9424440586

*Concluding
Ceremony*



Venue: Stage (Primary Wing)



Time: 12:30 p.m.