# SESHADRIPURAM LAW COLLEGE

No. 1, Govinda Rao Street, Seshadripuram, Bengaluru – 560020

## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

## RULES AND REGULATIONS FOR STUDENTS

Academic Year: 2026-27

### 1. General Rules

- All students participating in sports activities must follow the rules and regulations prescribed by the college and the Department of Physical Education and Sports.
- Students must maintain discipline, punctuality, honesty, and sportsmanship during all sports activities.
- Students must follow the instructions of the Principal, Physical Education Director, teachers, event organisers, and authorised officials.
- Students must carry a valid college identity card during practice sessions, competitions, and sports events.
- Students should register with the Sports Department before participating in official college sports activities.
- Students should participate in sports activities without disturbing academic programmes or other college activities.

### 2. Compulsory Academic Class Attendance – 75%

- Every student must maintain a minimum of 75% attendance in regular academic classes, subject to applicable college and university regulations.
- Students must attend theory classes, practical sessions, seminars, and other compulsory academic activities as per the college timetable.
- Sports participation, practice sessions, and competitions do not automatically exempt students from the prescribed academic attendance requirement.
- Students representing the college or university in authorised sports competitions must obtain the necessary permission and submit supporting documents.
- Any attendance concession for authorised sports representation shall be considered only in accordance with applicable university regulations and approved college policy.
- Students are responsible for maintaining the required academic attendance and monitoring their attendance records regularly.
- Students falling short of the prescribed attendance requirement shall be subject to applicable college and university rules regarding attendance shortage and examination eligibility.

**Note:**

**Relaxation up to 5% may be considered for active participants.**

### 3. Discipline and Code of Conduct

- Students must maintain proper behaviour on the college campus, playground, sports facilities, and competition venues.
- Students must respect teachers, coaches, officials, teammates, opponents, and other participants.
- Abusive language, fighting, bullying, harassment, discrimination, and threatening behaviour are prohibited.
- Students must not engage in cheating, deliberate rule violations, match-fixing, or unsporting conduct.
- Students must not damage sports equipment, college property, or facilities.
- Students must not leave the practice ground or competition venue without informing the coach or authorised staff.
- Consumption of alcohol, tobacco, or prohibited substances during sports activities, camps, and official college events is prohibited under applicable rules.
- Students must uphold the reputation, dignity, and values of Seshadripuram Law College.

## 4. Sports Practice and Participation

- Students must report to the playground or designated venue at the scheduled time.
- Students must complete warm-up, stretching, and cool-down exercises as instructed.
- Students must bring the required sports kit, appropriate footwear, water bottle, and college ID card.
- Students must use correct techniques and follow the coach's safety instructions.
- Students must not enter restricted sports areas or use equipment without permission.
- Students must inform the coach about any injury, pain, illness, or physical limitation that may affect safe participation.
- Students must not participate when doing so would create an unreasonable risk to their health or safety.
- Students must follow the rules of the relevant sport and the instructions of referees, umpires, and technical officials.

## 5. Selection of College Sports Teams

- Selection shall be based on performance, skill, fitness, attendance, discipline, commitment, and competition eligibility requirements.
- Students must attend notified selection trials and training sessions.
- Selection shall be conducted by the Physical Education Director, coach, or authorised selection committee.
- Previous achievements may be considered, but selection is not guaranteed solely on the basis of past performance.
- Students must provide genuine certificates and supporting documents for verification.
- Final selection shall follow applicable competition rules and institutional procedures.

## 6. Representation of the College

- Students representing the college must follow the prescribed dress code, reporting time, travel arrangements, and event instructions.
- Students must obtain prior approval before representing the college in an external competition.
- Students must submit required permission forms, eligibility documents, identity proof, and certificates.
- Students must behave responsibly during travel, accommodation, tournaments, and official events.
- Students must not make unauthorised statements or commitments on behalf of the college.
- Students should submit participation certificates, result sheets, photographs, and supporting documents after the event.
- Attendance concessions or academic support for official representation shall be governed by applicable college and university rules.

## 7. Health, Safety, and First Aid

- Students must follow safety instructions provided by coaches and event organisers.
- Appropriate sportswear and footwear are compulsory for activities where required.
- Students must not participate in unsafe conditions or use damaged equipment.
- Injuries and accidents must be reported immediately to the coach or responsible staff member.
- Students must cooperate with first-aid arrangements and emergency procedures.
- Students should maintain adequate hydration and follow appropriate rest and recovery practices.
- Students must not pressure an injured teammate to continue playing.

## 8. Sports Events and Competitions

- Students must register within the deadline announced by the Sports Department.
- Participants must report at the specified time and venue.
- Students must follow event schedules, competition rules, and officials' decisions.
- Students must not enter an event without registration or participate under another student's name.
- Students must cooperate with event organisers, volunteers, and technical officials.
- Any protest or complaint concerning a competition must be submitted respectfully through the prescribed procedure.
- Students must maintain discipline during opening ceremonies, prize distribution, and other official functions.

## 9. Student Responsibilities

- Students must maintain attendance, punctuality, discipline, teamwork, leadership, respect, and fair play.
- Students must protect college equipment and sports facilities.
- Students must report injuries, safety risks, misconduct, or damage promptly.
- Students should support fellow students and encourage inclusive participation.
- Students must submit required forms and documents on time and maintain academic progress alongside sports participation.
- Students must act as responsible ambassadors of Seshadripuram Law College.

## 10. Disciplinary Action

- Violations may result in counselling, a verbal or written warning, referral to the Principal, or other proportionate action under approved college procedures.
- Temporary restriction from practice or facilities may be considered where necessary and justified.
- Any review of eligibility for future team selection must follow approved selection rules.
- Disciplinary action shall follow the college's approved procedures, applicable regulations, and principles of fairness.
- Students should be given an appropriate opportunity to explain their conduct before a disciplinary decision is made.

PHYSICAL EDUCATION DIRECTOR

PRINCIPAL

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