



ADHIYAMAAN

EDUCATIONAL AND RESEARCH INSTITUTION

(AERI)

Dr. M.G.R. Nagar, Hosur – 635 130, Tamil Nadu, India

SPORTS MANUAL



ACHIEVE • CREATE • EXCEL



ATHLETICS

FOOTBALL

BASKETBALL

CRICKET

VOLLEYBALL

KABADDI



FIT BODY • STRONG MIND • GREAT TEAM • BRIGHT FUTURE

DEPARTMENT OF PHYSICAL EDUCATION

PROMOTING FITNESS • ENCOURAGING EXCELLENCE • BUILDING CHAMPIONS

ACADEMIC YEAR 2026 – 2027

1. Introduction

Adhiyamaan Educational and Research Institution (AERI) recognizes sports and physical education as an integral component of holistic education. Sports contribute to physical fitness, mental well-being, leadership, discipline, teamwork, decision-making, confidence, resilience and social development.

The Department of Physical Education facilitates systematic participation of students and staff in recreational, competitive and high-performance sports activities. The College provides extensive indoor and outdoor sports infrastructure and supports participation in institutional, inter-collegiate, university, state and national-level competitions.

This manual establishes a common framework for sports administration, student participation, team selection, coaching, facility use, competitions, safety, equipment management, documentation, recognition and continuous improvement.

2. Vision

To develop a vibrant sporting culture that promotes excellence, fitness, discipline, leadership and sportsmanship among students and staff and enables talented sportspersons to compete successfully at university, state, national and higher levels.

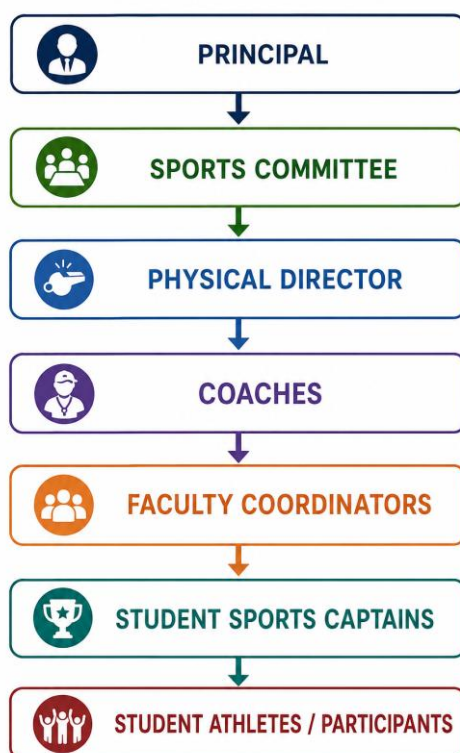
3. Mission

- Provide accessible and quality sports facilities to students and staff.
- Encourage maximum participation in physical and sporting activities.
- Identify and nurture sporting talent.
- Provide systematic coaching and training.
- Facilitate participation in Anna University and other recognized competitions.
- Promote gender-inclusive participation in sports.
- Conduct regular intramural and inter-department sporting activities.
- Maintain safe, clean and functional sports infrastructure.
- Promote physical fitness, healthy lifestyle and mental well-being.
- Recognize and reward sporting achievements.

4. Objectives

- Increase participation of students across programmes and years.
- Improve fitness, endurance, strength, flexibility, agility and coordination.
- Identify students with sporting potential through trials and competitions.
- Prepare institutional teams for Anna University Zonal, Inter-Zonal, South Zone, All India University and other recognized competitions.
- Develop leadership, teamwork, communication and decision-making skills.
- Ensure equitable and inclusive opportunities in sports.
- Promote fair play, integrity, discipline and respect.

5. Governance Structure



Position	Key Responsibility
Principal	Overall supervision and institutional approval
Sports Committee	Planning, monitoring and review
Physical Director	Sports administration and coordination
Coaches	Training, assessment and team preparation
Faculty Coordinators	Academic and administrative coordination
Student Captains	Team coordination and discipline

6. Department of Physical Education

The Department of Physical Education is the nodal unit for sports and physical fitness activities. Its core functions include sports administration, coaching, team selection, tournament organization, facility management, equipment management, fitness programmes, sports records, university competition coordination and Sports Day organization.

7. Sports Disciplines

Category	Sports / Activities
Outdoor	Athletics, Cricket, Football, Hockey, Volleyball, Basketball, Kabaddi, Kho-Kho, Tennis, Ball Badminton, Handball
Indoor	Badminton, Table Tennis, Chess, Carrom, Weightlifting, Best Physique, Yoga, Fitness / Gym

8. Sports Infrastructure

Facility	Published Facility Details
Indoor Stadium	Multi-use mega hall; 7000 spectator gallery; accommodation around periphery; 6 badminton courts, 2 basketball courts, 6 table tennis boards, 2 volleyball courts
Athletics	Standard 400 m track, 8 lanes, stadium/gallery
Ball Badminton	4 courts, gallery and floodlighting
Basketball	2 courts, gallery and floodlighting
Chess	Spacious hall and gallery
Kabaddi	4 courts, gallery and floodlighting
Tennis	2 courts, gallery and floodlighting
Volleyball	4 courts, gallery and floodlighting
Hockey	3 fields with gallery; one lawn field
Football	4 fields with gallery; two lawn fields
Weightlifting	Indoor hall equipped to match standards
Best Physique	Indoor hall equipped to match standards
Cricket	4 fields with gallery and player lodging; lawn fields and turf wickets
Kho-Kho	2 courts
Handball	2 courts

9. Fitness Centre / Gymnasium

The College gymnasium supports cardiovascular fitness, strength training and general physical conditioning. The official sports page lists a commercial treadmill, elliptical cross trainer, spin

bike, Smith and functional trainer, leg curl/extension, adjustable bench, dumbbell rack, bench press, squat rack, multi-station equipment, leg press, barbells, weight plates and dumbbells.

Published gym timings are:

- Morning 6.00–7.15 AM (Boys);
- Evening 4.30–5.30 PM (Girls);
- Evening 5.45–7.15 PM (Boys).

Timings shall be reviewed and notified by the Department as required.

9.1 Gym Usage Rules

- Register before regular gym use.
- Wear appropriate sports attire and footwear.
- Use equipment only for its intended purpose.
- Follow instructor/coach directions.
- Warm up before strength training.
- Return equipment after use.
- Report damaged or unsafe equipment immediately.
- Do not exceed safe individual capacity.
- Maintain cleanliness and discipline.

10. Sports Facility Usage Rules

- Use facilities only during approved timings.
- Carry valid institutional identification when required.
- Wear appropriate sports attire and footwear.
- Maintain cleanliness and protect the playing surface.
- Do not remove equipment without authorization.
- Damage caused by negligence shall be reported and dealt with under institutional procedure.
- Priority shall be given to scheduled coaching and official competitions.
- Follow instructions of Physical Education staff and coaches.
- Smoking, alcohol, tobacco and prohibited substances are not permitted.
- Report injury, unsafe conditions or equipment defects immediately.

11. Student Sports Registration

Students interested in regular sports participation shall register with the Department of Physical Education.

Field	Information
Student	Name, Register Number, Programme, Year/Semester
Sport	Sport / Event
Achievement	Previous achievement, if any
Contact	Mobile and emergency contact
Declaration	Fitness / medical declaration and signature

12. Team Selection Policy

Team selection shall be transparent, merit-based and performance-oriented.



Criterion	Suggested Weight
Physical fitness	20%
Technical skill	30%
Speed / Agility	15%
Tactical ability	15%
Teamwork	10%
Discipline / attitude	10%

13. Training Programme

- Warm-up and mobility
- Stretching
- Physical conditioning
- Sport-specific skill development
- Tactical training
- Match practice
- Fitness assessment
- Cool-down and recovery
- Performance review

14. Training Attendance

Attendance	Status
90% and above	Excellent
80–89%	Very Good
75–79%	Satisfactory
Below 75%	Requires Review

Repeated absence without valid reason may affect team selection.

15. Participation in External Competitions

- Anna University Zonal Competitions
- Anna University Inter-Zonal Competitions
- South Zone Inter-University Competitions
- All India Inter-University Competitions
- State-level competitions
- National-level competitions
- Recognized association tournaments
- Government-sponsored sporting events

- Invitational tournaments

16. External Competition Participation Procedure



17. Intramural Sports

- Inter-department competitions
- Inter-year competitions
- Hostel competitions
- Faculty and staff competitions
- Fitness challenges
- Recreational activities

18. Annual Sports Day

- March past
- Sports oath
- Athletic events
- Track and field events
- Team games
- Staff and faculty events
- Demonstrations
- Prize distribution and awards

A Sports Day Organizing Committee should coordinate event management, grounds, technical officials, registration, reception, hospitality, medical/first aid, discipline, transport, public address, photography, certificates, refreshments and security.

19. Sports Safety Policy

- Warm-up before activity.
- Ensure adequate hydration and rest.
- Use appropriate equipment and footwear.
- Maintain safe playing surfaces.
- Provide first-aid support.
- Maintain emergency contacts.
- Ensure supervision by trained staff/coaches.
- Report and document injuries immediately.
- Suspend activities when conditions are unsafe.

20. Injury Management



21. Heat and Weather Safety

- Prefer early morning/evening scheduling during severe heat.
- Provide drinking water and rest intervals.
- Use shaded recovery areas.
- Reduce training intensity when required.
- Monitor participants for heat-related symptoms.
- Suspend activities when environmental conditions become unsafe.

22. Equipment Management

The Department shall maintain an equipment register covering sports equipment, gym equipment, training aids, protective equipment, timing/score equipment and first-aid supplies.

Date	Student/Team	Equipment	Qty.	Issued By	Returned	Condition

23. Ground and Facility Maintenance

- Playing surface and drainage inspection
- Boundary and line marking
- Goal posts, nets and barriers
- Lighting and electrical safety
- Spectator areas
- Drinking water and sanitation
- Equipment storage
- Periodic safety inspection

24. Coaching Responsibilities

- Prepare training plans.
- Maintain training attendance.
- Assess player performance.
- Identify strengths and improvement areas.
- Recommend team selection.
- Maintain discipline.
- Monitor equipment.
- Report injuries.
- Maintain competition records.

- Submit performance reports.

25. Student Athlete Responsibilities

- Attend training regularly.
- Follow coach and official instructions.
- Maintain discipline and sportsmanship.
- Respect officials and opponents.
- Use equipment responsibly.
- Balance sporting and academic responsibilities.
- Represent the College with dignity.
- Report injuries immediately.

26. Code of Sportsmanship

Every participant shall uphold Integrity, Respect, Fair Play, Discipline, Teamwork and Excellence. Cheating, violence, intimidation, harassment, deliberate misconduct and abuse of officials or opponents are prohibited.

27. Gender Equity and Inclusive Participation

- Provide equitable opportunities for men and women.
- Encourage women's teams and competitions.
- Provide appropriate coaching schedules.
- Maintain safe and respectful training environments.
- Ensure participation opportunities across programmes and years.

28. Anti-Doping and Ethical Sports

Students participating in recognized competitive sports shall comply with applicable anti-doping requirements and instructions of relevant governing bodies. Awareness shall be promoted regarding prohibited substances, medication risks, supplements, doping control and ethical competition.

29. Sports Achievement Recognition

- Certificates
- Medals and trophies
- Institutional felicitation
- Sports honours
- Recognition during major institutional events

- Inclusion in annual institutional achievement records

30. Sports Achievement Register

Academic Year	Student	Programme	Sport	Competition	Level	Position	Certificate No.

31. Sports Event Documentation

- Event proposal/approval
- Participant registration
- Team list
- Fixture/schedule
- Attendance
- Results
- Certificates
- Photographs
- Financial records
- Event report
- Feedback and recommendations

32. Annual Sports Calendar

Period	Major Activities
June–July	Ground preparation, facility inspection, student registration and team planning
July	Selection trials and coaching camps
August	Practice matches, open tournaments and registrations
September	Anna University Zonal competitions and other competitions
October	Zonal competitions and open tournaments
November	Inter-Zonal competitions and state-level tournaments
December	South Zone and other competitions
January	South Zone / university competitions and open tournaments
February	Sports Day planning and inter-department events
March	Annual Sports Day and competitions
April	Ground and equipment maintenance
May	Sports quota / talent selection and admissions support

33. Tournament Organization

Before the tournament: obtain approval, fix dates, prepare venue, appoint officials, arrange equipment, medical support, fixtures and hospitality. During the tournament: registration, verification, technical briefing, conduct of matches, results and discipline monitoring. After the tournament: final results, certificates, financial settlement, photographs, report and archival documentation.

34. Sports KPIs

KPI	Suggested Measure
Student participation	% of students participating
Women participation	% women participants
Sports teams	Number of teams
Coaching sessions	Number per year
Competitions participated	Number
University representation	Number of students
Medals / positions	Number
Intramural events	Number
Sports Day participation	Number
Facility utilization	%
Equipment availability	%
Injury incidents	Number
Student satisfaction	Average rating

35. Continuous Improvement

The Department shall follow the cycle: PLAN → IMPLEMENT → MONITOR → REVIEW → IMPROVE.

- Plan annual sports activities, targets and resources.
- Implement training, competitions and participation programmes.
- Monitor participation, performance, facilities and safety.
- Review achievements, feedback and challenges.
- Improve infrastructure, coaching, equipment and programmes.

36. Annual Sports Review

- Student participation
- Team performance
- University representation
- Medals and achievements

- Competitions organized and participated
- Sports Day
- Infrastructure and equipment
- Budget and expenditure
- Safety and injury records
- Student feedback
- Corrective actions
- Targets for next academic year

37. Registers and Records

Record	Frequency
Student sports registration	Annual
Selection trial records	Annual / event-wise
Training attendance	Regular
Equipment register	Continuous
Competition participation	Event-wise
Achievement register	Continuous
Facility inspection	Periodic
Injury / incident register	Event-wise
Sports Day records	Annual
Annual Sports Report	Annual

38. Annexures

Annexure I – Selection Trial Sheet

Parameter	Maximum Score	Score Obtained
Fitness	20	
Skill	30	
Speed / Agility	15	
Tactical Ability	15	
Teamwork	10	
Discipline	10	
Total	100	

Annexure II – Training Attendance

Date	Student Name	Sport	Training Type	Present/Absent	Coach Signature

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Annexure III – Competition Participation

Date	Competition	Sport	Level	Student/Team	Result

Annexure IV – Achievement Record

Student	Programme	Sport	Competition	Level	Position	Year

Annexure V – Injury / Incident Report

Field	Details
Date / Time	
Venue	
Student / Register No.	
Sport	
Nature of Injury	
Immediate First Aid	
Further Referral	
Reported By	

Annexure VI – Facility Inspection

Facility	Date	Issue Identified	Action Taken	Responsible Person	Status

Annexure VII – Annual Sports Event Report

- Name of Event
- Date and Venue
- Organizing Unit
- Sport / Level
- Number of Participants
- Participating Institutions
- Officials
- Results and Achievements
- Photographs
- Expenditure
- Feedback
- Recommendations

39. Approval

Prepared By	Reviewed By	Approved By
Department of Physical Education	Sports Committee / IQAC	Principal
Signature:	Signature:	Signature:
Date:	Date:	Date:

Next Review: End of Academic Year 2026–2027

Ground Facilities Available at the College Sports Complex

S. No.	Sports / Facility	Dimensions / Measurement	Facility Details
1	Indoor Stadium	Multi-purpose Mega Hall	One of the largest multi-purpose indoor stadiums in India; spectator gallery with a seating capacity of 7,000 ; accommodation facilities for approximately 2,000 players in the periphery. The stadium includes 6 badminton courts, 2 basketball courts, 6 table-tennis boards and 2 volleyball courts.





Hosur, Tamil Nadu, India
PV79+RJC, Kumudepalli, Hosur, Tamil Nadu 635109, India
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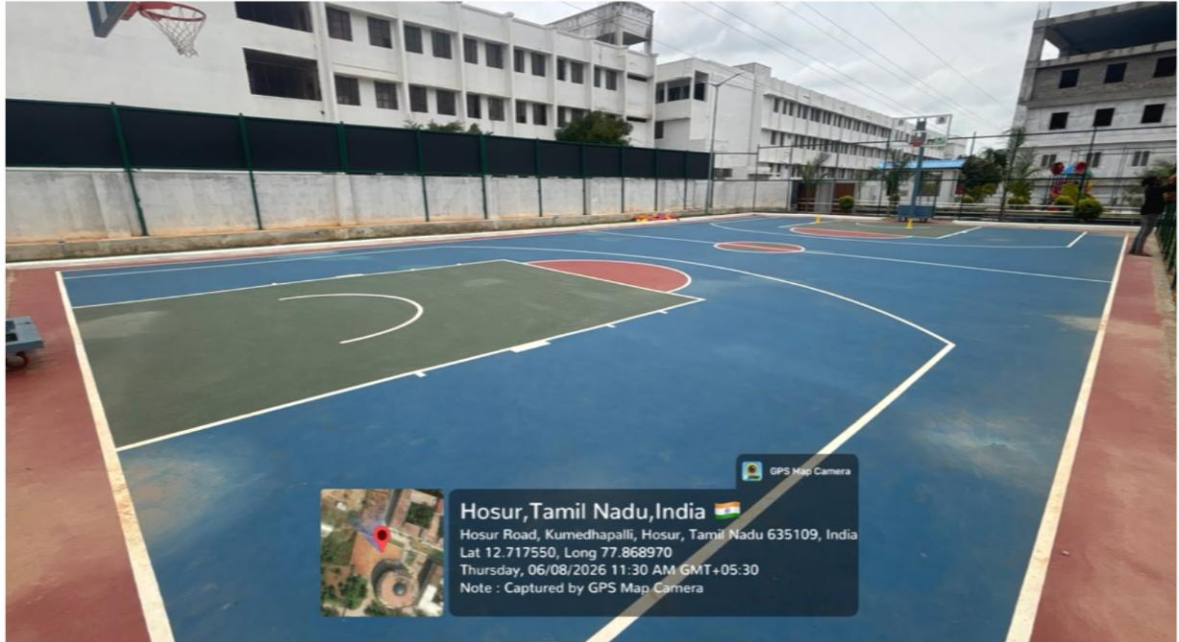
2	Athletics	400 m standard track; 8 lanes 80 m straight; 120 m curve	Standard 400 m athletics track with stadium, gallery and supporting rooms. Accommodation facilities are available for approximately 1,000 players .
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3	Ball Badminton	24 m × 12 m	4 courts with gallery and floodlighting facilities.
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4	Basketball	28 m × 15 m	2 courts with gallery and floodlighting facilities.
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5	Tennis	23.77 m × 10.97 m	2 courts with gallery and floodlighting facilities.
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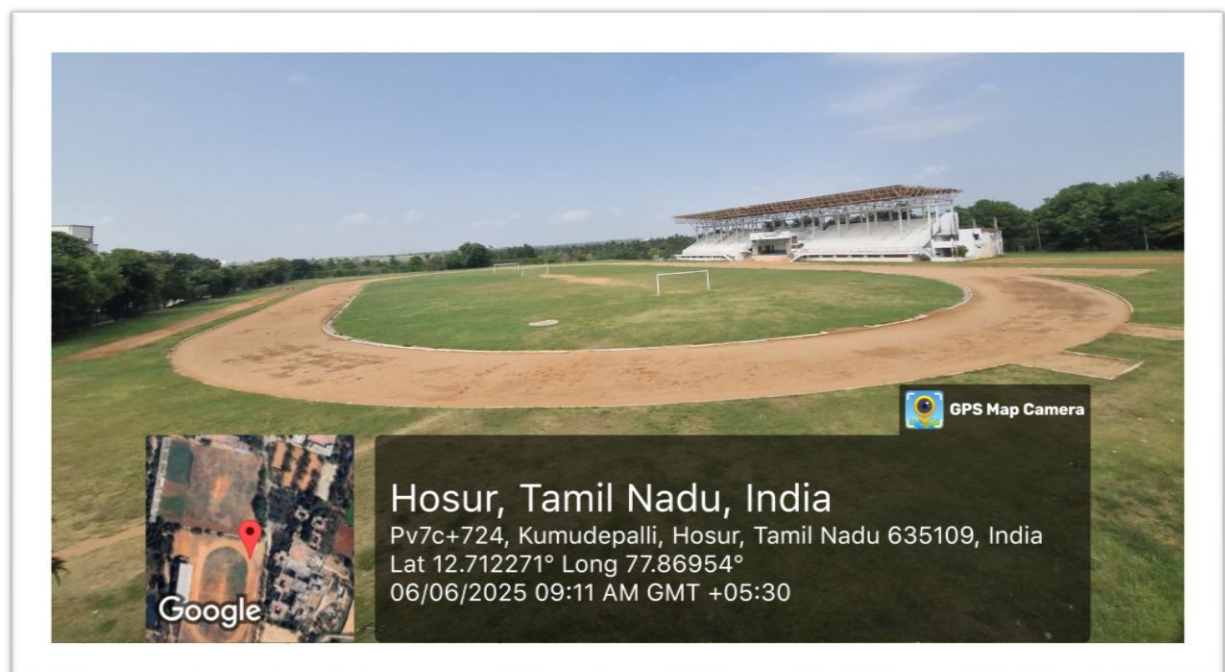
6	Volleyball	18 m × 9 m	4 courts with gallery and floodlighting facilities.
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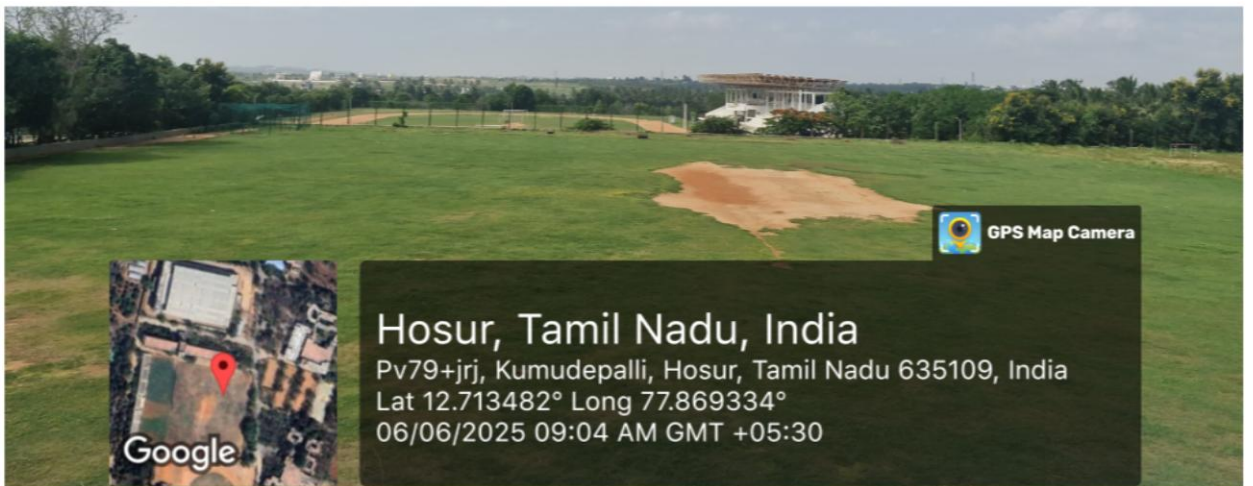
7	Hockey	100 yd × 60 yd	3 fields with gallery facilities, including 1 lawn field.
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8	Football	110 yd × 70 yd	4 fields with gallery facilities, including 2 lawn fields.
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9	Cricket	70 yd	4 cricket fields with gallery and player accommodation facilities, including 2 lawn fields and 1 international-standard turf wicket.
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DEPARTMENT OF PHYSICAL EDUCATION

ACHIEVEMENTS SUMMARY (2025-26)



25+ CHAMPIONSHIPS WON

FOOTBALL | HOCKEY | BASKETBALL | VOLLEYBALL | BALL BADMINTON



CM TROPHY • ANNA UNIVERSITY • OPEN TOURNAMENTS

CM TROPHY PERFORMANCE



WINNERS – 7 TITLES

- Football (M)
- Hockey (M)
- Basketball (M & W)
- Volleyball (M)
- Ball Badminton (M)
- Table Tennis (M)



RUNNERS-UP – 2

- Ball Badminton (W)
- Handball (M)



TOP FINISHES – 2

- Cricket (M) – 3rd
- Volleyball (W) – 4th

ANNA UNIVERSITY (ZONAL LEVEL)



WINNERS – 9 EVENTS

- Football
- Cricket
- Hockey
- Handball
- Basketball
- Volleyball
- Ball Badminton
- Tennis
- Athletics (Men)



RUNNERS-UP – 6 EVENTS (incl. Women Participation)



THIRD PLACE

- Athletics (Women)

INTER ZONAL LEVEL



WINNER

- Football (Men)



STAR PERFORMER



S. Vilson – 1st Place
(Pole Vault)



OTHER ACHIEVEMENTS

- Hockey (M) – 3rd
- Ball Badminton (M) – 4th

OPEN TOURNAMENT SUCCESS



Hockey (Men): 3 Titles

(Karur • Bangalore • Erode)



Football (Men): Winner

(Christ University, Bangalore)



Football (Men): Winner

(Christ University, Bangalore)



Hockey (Men): 3rd Place

(Madurai)



Other Achievements

- Hockey (M) – 3rd
- Ball Badminton (M) – 4th



ACHIEVE • CREATE • EXCEL

Pride in Every Performance!



FIT BODY • STRONG MIND • GREAT TEAM • BRIGHT FUTURE