



NATIONAL MOUNT GIRNAR ASCENDING - DESCENDING COMPETITION - 2019-20

Competition Date : 9th February, 2020

Reporting Date : 7th February, 2020 after 5:00 pm

ENTRY FORM

SECTION

	BOYS	GIRLS	Student	
Senior			Other than student	
Junior				

CHEST No. _____

1. Full Name of Competitor : _____
(With Surname First) (Surname) (First Name) (Last Name)
2. Date of Birth : Date _____ Month _____ Year _____
3. Full Address for Correspondence : _____
Mobile No. : _____
Village : _____ Taluka : _____
District : _____ State : _____
4. If a participant is not a student, provide name & address of the recognized Institution / Club / Association, through which he/she is participating _____

5. Whether any disease of heart / lungs ? _____
6. Is there any history of broken bones of body previously ? _____
7. Have you ever participated before in other similar adventurous sports, like mountain climbing ? If Yes, give details _____
8. Whether certificates for physical fitness issued by a competent doctor is enclosed herewith ? : Yes / No
9. Whether letter of consent from any guardian of the participant as well as the participant himself to the effect that entire risk of his adventurous and risky sports will lie with them ?
10. Other Instructions :
Following ancillary details should be attached
 - 1) Recent stamp size photographs – 2 (two)
 - 2) Certified copy of birth certificate for participation.
 - 3) Consent letter of the participant as well as of his guardian for participation.
 - 4) Certificate issued by the academic (for students) or non academic (other than students) institution through which you are participating.
 - 5) Medical fitness certificate

- Note :**
1. Entry forms will be filled with be the details for in the forms, with good hand writing and should be sent on or before **25 January, 2020**. Along with all papers, the forms will be sent at the following Postal Address :District Sport Office, 1/1 - Bahumali Bhavan, Sardarbaug, Junagadh. Dist. Junagadh. (Gujarat) (Ph. : 0285 - 2630490 — D.S.O. - JND)
 2. National Girnar Ascending - Descending Competition will held on **09/02/2020**, but (changes of the date is abiding to all the participant) Kindly check the website regularly for updates and for the selected and rejected participant list.

CONSENT LETTER OF THE PARTICIPANT REGARDING RISK

I, The undersigned competitor, hereby give my consent in writing that joining this National Mount Girnar Ascending - Descending Competition willingly and with my own desire and at my risk and responsibility and if, any accident, injury or death occurs during competition, the organizers will not be responsible for the same. All such responsibility will be entirely my personal responsibility. All the rules and regulations have been read and understood by me & shall comply with the same. In case it is declared that I have committed breach of any of these rules and I am debarred from competition as per the decision of the organizers, during or after the competition I shall accept the decision sportily and I will abide by the same and I will not arise any dispute regarding it.

Place :

Date : (Signature of the competitor with full name)

CONSENT LETTER OF THE GUARDIAN

I, Mr / Ms _____ resident of (village) _____
(Name of Guardian)

address _____

give my consent in writing that my son / daughter / dependent / Ku _____ is willingly
(Name of Competitor)

desirous for participating in the National Mount Girnar Ascending - Descending Competition. I, hereby give my written consent for the same. We know that this competition is adventurous and risky. In case any accident / injury or death occurs to our son / daughter dependent competitor during the competition, the organizers will not be liable for the same.

Place :

Date : (Signature with full name of the guardian)

CERTIFICATE TO BE ISSUED FOR THE STUDENT BY THE PRINCIPAL OF THE SCHOOL / COLLEGE

This is, hereby, certified that Shri / Ku. _____ is studying in this
_____ school/college in _____ standard/year and as per G.R. of this school
/ collage, His / Her birth date is _____ and that He / She is sent for participation in the National Mount Girnar Ascending –
Descending Competition, through this school / college.

Place :

Date : (Signature of the Principal)

with stamp of the school / college

CERTIFICATE OF NON-ACADEMIC INSTITUTION (for other than students)

It is hereby certified that Shri / Ku _____ resident
of _____ block _____ possess qualifications to participate as a
competitor as per rules, in the section _____ in the National Mount Girnar Ascending –
Descending Competition. He / She has not suppressed any fact and He / She will not participate contrary to
any rules. This competitor is sent by this institution as a competitor.

Place :

Date : (Signature of Responsible Officer of the Institution and Seal)

MEDICAL CERTIFICATE

- 1) Full name of the contestant : _____
- 2) Blood group : _____
- 3) Whether suffering from any heart of lung ailment ? _____
- 4) Any other major disease ? _____
- 5) Whether bones are broken ? Indicate injury sustained by the bones. If any, in the past _____
- 6) Are you suffering from vertigo on reaching height ? _____
- 7) Opinion of doctor about physical fitness for participating in the Mt. Girnar Ascending-Descending Competition.

Place :

Date :

(Signature and seal doctor)

GENERAL INSTRUCTIONS FOR THE NATIONAL MT. GIRNAR ASCENDING - DESCENDING COMPETITION

1. This competition will be in four separate sections wise. (A) Senior Boys (B) Senior Girls (C) Junior Boys (D) Junior Girls
Age limit for the junior division will be 14 to 18 years and for the senior division will be between 19 to 35 years. Age will count as on last 31st December. [Birth Dt.01-01-2002 to 31-12-2006 for Junior division] [Birth Dt. 01-01-85 to 31-12-2001 Senior Division]
2. All those contestants who send entry forms with all the necessary details, within prescribed date and who possess eligibility to participate in this competition will be allowed to enter the competition and hence all the contestants should reach the foot of Mount Girnar (Girnar Taleti) Bhavnath on or before two days of competition. They should reach the Girnar Taleti, Bhavnath, Junagadh (Gujarat) and attend the General Meeting. No separate information will be given to any contestants regarding his entry.
3. Competition for the Boys and Girls contestants time bill begin 6-30 A.M. The contestants will have to reach and fall in before 30 minutes of competition start time.
4. Entry forms will be filled with be the details for in the forms, with good hand writing and should be sent on or before 25 January, 2020. Along with all relevant ancillary papers, the forms will be sent at the following address and for the further guidance & instructions, If necessary can be had form the Office of the District Sports - Junagadh, 1/1, Bahumali Bhavan, Sardarbag, Junagadh. Dist. Junagadh. (Gujarat) (0285 - 2630490 — D.S.O. - JND) Postal Address :District Sport Officer, 1/1 - Bahumali Bhavan, Sardarbaug, Junagadh. Dist. Junagadh. (Gujarat)
5. State Level Co-ordinator :- Youth Board Officer, Office of Youth Service and Cultural Activities, Dr. Jivaraj Maheta Bhavan, Block No.11/3, Sachivalaya, Gandhinagar - Gujarat.
Phone No. - 079 23254154, Fax No. - 079 23254084

RULES & REGULATION FOR THE NATIONAL MT. GIRNAR ASCENDING - DESCENDING COMPETITION

- (1) This competition will be held in FOUR separate groups. Particulars of the group are as under.
(1) Senior Boys Group. (2) Junior Boys Group. (3) Senior Girls Group. (4) Junior Girls Group
- (2) For the purpose of participants, the age as on 31st December of the immediately preceding the year, in which competition is held, will be considered to decide eligibility of a participant.
- (3) The groups of participants will be decided age wise as under :-
Senior Groups : Boys and Girls - 19 to 35 years Junior Groups : Boys and Girls - 14 to 18 years
The entry forms of minors or under age i.e., those contestants who have not completed 13 years as 1st January overage contestants, i.e., those who have completed 35 years as 1st January will not be accepted.
- (4) School Leaving Certificates or true copy of certificate issued by the Birth Register will be recognized as a proof of contestant's age. The contestant will have to enclose true copy of any of the above certificates, for verification of age.
- (5) The contestant should not affix his/her latest stamp size photographs along with his entry form, instead, he/she has to send photograph along with his entry form separately. If any contestant has failed to send such photograph, his entry form will not be accepted and he will not be a allowed participate in competition.
- (6) It is compulsory for contestants to send their entry form only through the very Academic Institution in which he is studying. No contestant will be allowed to participate through Non-Academic Institution, during continuation of study. Only those contestants who are not studying can send their Entry Forms through any of the recognized sports institutions / associations, which are Non-Academic and the entry form will bear signature as well as official seal of such Institutions / Associations, at the prescribed place.
- (7) There is no Entry Fee for this competition. However all the contestants will be provided lodging and boarding facilities free of charge and second class railway fare will be given to all participants. Besides one male/female managers will have to be nominated.

- (8) In case of Non-Academic institutions such as recognized sports institutions / associations of any state other than, and out of Gujarat, such institutions can send maximum five (5) entries for each of the four groups. In case where more than five (5) entry forms are received from any out of Gujarat State, their entries will not be accepted, for the respective group. Academic institutions of other states can send ten (10) contestants for each group. Top Twenty Five Winners of Gujarat team of each group are eligible for national competition.
- (9) This competition is extremely risky and adventurous. Still however, a contestant participates in this competition with will and consent of his guardian and at his own risk. If any contestant sustains any injury, or meets with any accident or if he/she dies during competition, the organizers of the competition will not be held responsible for the same.
- (10) Only those contestant should participate who are physically fit. If any contestant has sustained any major injury in the past, as has any physical or mental defect, or if he has history of fracture of bones, if he experiences difficulty in breathing on climbing up the mountain, or if his heart is weak, or suffers from vertigo or epilepsy, then such contestant should not participate in this competition. Still however, if any contestant has taken part by suppressing such facts and if he sustains any accidents, the organizers will not be held liable.
- (11) Contestants will have to avail of steps only during the entire course of this competition. They will not be allowed to avail of any other track or short cuts. They should complete the competition without help of Doly (Palanquin facility available to the pilgrims) stick or any other help during entire course of competition.
- (12) Competition for Boys : The boys will have to ascend and descend about 5500 (fifty five thousand) steps between the foot of the Mount Girnar and Temple of Ambaji, within stipulated time of 90 minutes. The girls will have to ascend and descend 2200 (two thousand two hundred) steps between the foot of Mount Girnar and Mali Parab, within the stipulated time of 60 minutes.
The contestants who complete this competition within the stipulated time will be given certificates. Prizes, Cash Awards and Rewards as prescribed by the organizers will be given to the first ten winners of each group who will complete the competition within minute time. However, if any winner is disqualified due to breach of any rule of the competition or any other ground, he will be considered as debarred from the competition and he will not be entitled to any prizes.
- (13) All the contestants who have sent entries form with all the necessary details within prescribed date and possess the eligibility to participate with necessary signature as well as official seal and stamp size photograph, will be taken into consideration. Entry forms with insufficient details, or with insufficient proofs, and which are not received within prescribed time or if the entry forms are more than prescribed numbers, will not be considered.
- (14) entry form fulfils with true information in clear writing and attach all proofs and should be sent on or before 25th January, 2020.
- (15) Date of competition is fixed on 9th February, 2020. Each contestant should remain present reporting place at Girnar Taleti, Bhavnath-Junagadh on 7th February, 2020 after noon on or before 5:00 o'clock.
- (16) No contestants will consume any stimulating drug before commencement of or during the competition and if it is found that he has done so, he/she will be handed over to the police and will be debarred from the competition and in case it is found that a participant contestant and if he/she is winner, he/she will be eliminated as a winner and debarred from the competition. In case of necessary arising for taking water or refreshment during the course of competition the same can be had from the prescribed place only. No any drink or refreshment should be accepted or consumed.
- (17) In case a particular uniform is chosen and provided by any sponsored of the competition; every contestant will have to participate with the said uniform. Otherwise contestant is a liberty to participate with any other suitable dress of his choice.
- (18) All the contestants will attach their Chest Number given to them, on their Chest and back and he will wear it during the entire competition. These Chest Numbers will have to be attached in front on the Chest and on the back. They should be attached with the safety pins and should be displayed in such a way that they can be read from distance. The allotted Chest Numbers will be returned only after completing the competition from the starting point to the terminal point and obtaining prescribed "SEAL" as a proof for completing the competition. If any competitor is not found with such prescribed "SEAL" on his/her Chest Number, it will be presumed that he/she has not completed ascent part of the competition till terminal point.
- (19) Each contestants should have deposit ₹200/- on reporting time. and this amount refund when they deposit their chest number at prescribed window. The tour expenses of each competitor will be paid by the check
- (20) After completion of the competition the contestant will himself deposit his allotted Chest Number at the prescribed window. If any contestant fails to deposit and return the Chest Number, he will be deemed to have abandoned the competition and he will not be considered for the purpose of declaration of result.
- (21) Every contestant will run on the left side of the steps during the entire course of competition and if he has to overtake any fellow competitor, he will do so only from the right side in accordance with the traffic rules and without causing any hindrance to him. Similarly, every contestant will provide facility to other contestants who are running behind him and wants to overtake him.
- (22) If any contestant is found committing any act of indiscipline during competition, or during his loading or boarding or if he is found committing breach of any rules of the competition or of any instructions laid down in the entry forms, he will be debarred from the competition. The decision of the organizers in this regard will be held final and binding for all the participants and it will not be challenged by any one at any level.
- (23) All the decisions regarding entry, allotment of Group, declaration of winner and results of the competition, as decided by the judges of the competition, will have to be accepted by all the contestants with sportsman spirit and no one will raise any dispute about the same. No allegation / counter allegations / dispute will be made about this competition after the prize distribution ceremony is over.

Full signature of the competitor _____
his full name _____