NASM PRESENTS YUVA PREMIER LEAGUE YPL 2026

kurukshetra

The Battlefield of Champions

8th Edition

Inter-Collegiate Sports Competition

Programs offered by

MKES
KHANDWALA COLLEGE
LEARNERS BECOMING LEADERS

tcsc

B. K. Birla College, Kalyan
(Empowered Autonomous Status)
Conducted by Kalyan Citizens' Education Society
Affiliated to University of Mumbai
'College of Excellence' status by UGC (2015-2020)
Reaccredited by NAAC (4th Cycle) with 'A++' Grade (CGPA - 3.51) (2024-31)

An initiative by

FUTURE VARSITY
EDUCATION GROUP



NEST ACADEMY OF

SPORTS MANAGEMENT

Nest Academy of Sport Management, is an institute dedicated to producing highly professional individuals in the field of Sports Management. With the focused aim of creating professionally, academically and ethically sound sports managers and executives, NASM contributes to this burgeoning space in India.

NASM is the first Institute in India to collaborate with Universities, Colleges and Institutions who offer courses in Sports Management. Identifying the need for experts in the industry, NASM instills its students with basic and advanced theories and techniques in the discipline of management, marketing, merchandising, tourism, law etc. related to the field of sports.



MKES
KHANDWALA COLLEGE
LEARNERS BECOMING LEADERS

NAGINDAS KHANDWALA COLLEGE
(EMPOWERED AUTONOMOUS), MALAD

MKES got its inception with a humble visionary of Kandivali & Malad areas with a primary objective to promote education. This vision got its wings & soon expanded its branches to finally establish Nagindas Khandwala College in 1983.

Nagindas Khandwala College is an Empowered Autonomous college providing a wide spectrum of UG & PG programs with re-accredited 'A' Grade. An ISO 9001:2008 certified by UGC-NAAC with NKC has been honored as "THE LEAD COLLEGE" status by the University of Mumbai and has been awarded for excellence by the Indus Foundation in the year 2012. Within a short period of time, the college has achieved remarkable growth and was granted autonomous college status in 2017.

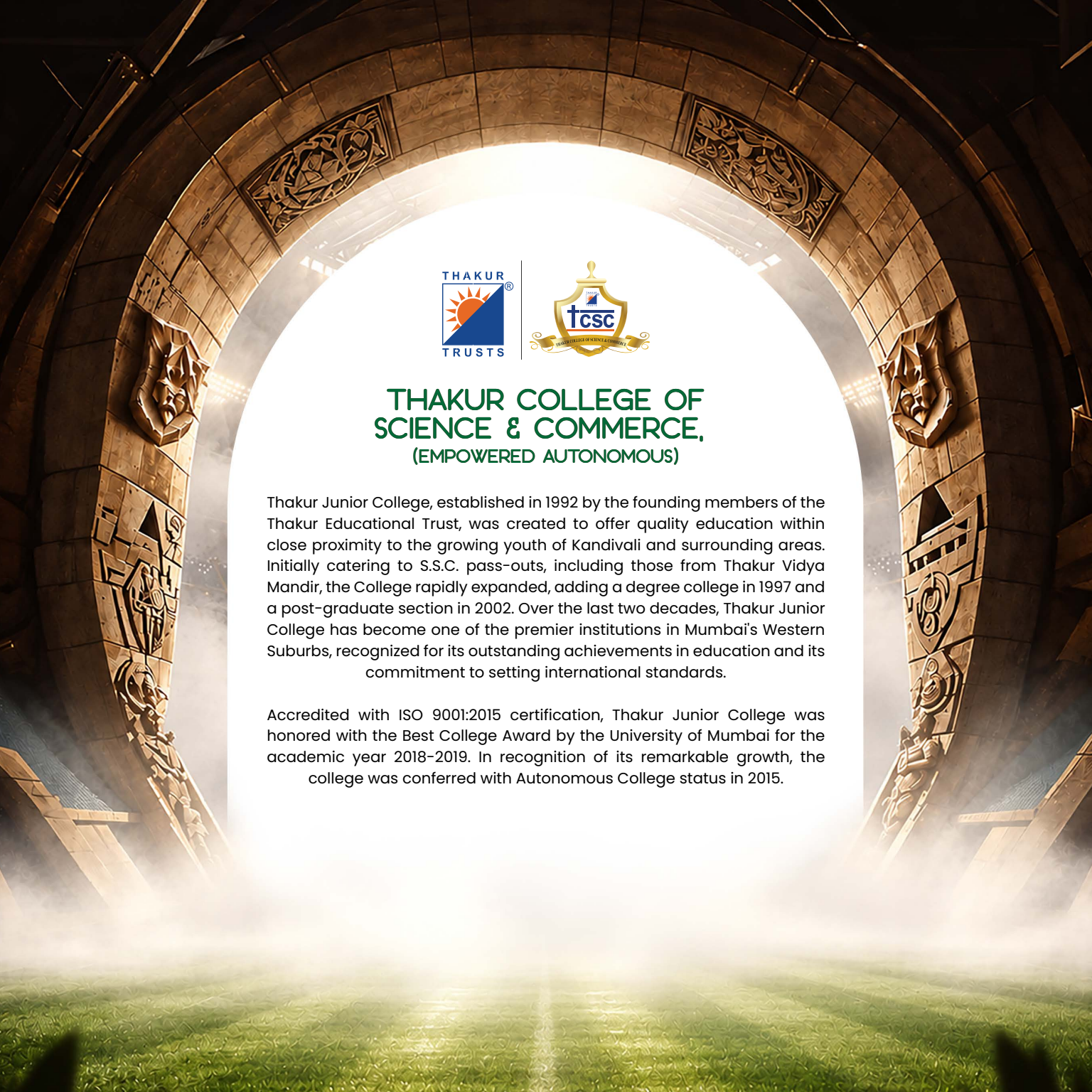
B. K. Birla College, Kalyan

(Empowered Autonomous Status)

B. K. Birla College of Arts, Science and Commerce (Autonomous), Kalyan a multi-faculty premier institution of higher learning, with an enrolment of 14,300+ students (9,800+ students in UG, PG and Research Programmes and 4,500 in Junior College) is affiliated to the University of Mumbai (UoM). The College was established in 1972, by Kalyan Citizens' Education Society with the blessings of Pujya Shri B. K. Birla ji and Pujya Smt. Sarala ji Birla.

The College has been reaccredited (4th Cycle) and awarded 'A++' Grade with CGPA 3.51 (2024-31). The College has been awarded the 'Best College Award' in the urban category, by the University of Mumbai in 2009. The College has been granted 'College of Excellence' Status by UGC (2015 to 2023). The College is ISO 9001:2015 certified.

The College has been granted 'Empowered Autonomous Status' by University Grants Commission and University of Mumbai from the academic year 2023-24. The College has been awarded as 'Excellence in Holistic Education and Development' by Times Now. The College received a Digital Transformation in Payment Security Education Award by Payment Security Summit & Awards India 2025.



THAKUR COLLEGE OF SCIENCE & COMMERCE,

(EMPOWERED AUTONOMOUS)

Thakur Junior College, established in 1992 by the founding members of the Thakur Educational Trust, was created to offer quality education within close proximity to the growing youth of Kandivali and surrounding areas. Initially catering to S.S.C. pass-outs, including those from Thakur Vidya Mandir, the College rapidly expanded, adding a degree college in 1997 and a post-graduate section in 2002. Over the last two decades, Thakur Junior College has become one of the premier institutions in Mumbai's Western Suburbs, recognized for its outstanding achievements in education and its commitment to setting international standards.

Accredited with ISO 9001:2015 certification, Thakur Junior College was honored with the Best College Award by the University of Mumbai for the academic year 2018-2019. In recognition of its remarkable growth, the college was conferred with Autonomous College status in 2015.



YUVA PREMIER LEAGUE

NASM's Yuva Premier League (YPL) is an eagerly awaited INTER-COLLEGIATE Sports Competition which is uniquely conceived and organized by Sports Management students. YPL festival will encompass a wide range of sports competitions, offering a platform to showcase the diverse talents of participating students. In a city brimming with sports enthusiasts, the thrilling inter-college contests featured in this event are an opportunity no one should overlook. YPL brings together colleges from Mumbai to compete in sports such as Box Cricket, Rink Football, Badminton, Chess, Kabaddi, Table Tennis, Pickleball, Kho-Kho, Carrom, Basketball, Volleyball, Athletics 100m, 200m, 4x100m relay, Long Jump, E-Sports & many more fostering a sense of healthy competition and camaraderie among students. YPL is not just a sports event or competition, it's a celebration of youthful energy, teamwork & pursuit of excellence organized by the students who share the same passion for sports.

THEME OF THE YEAR



Every generation has its own Kurukshetra — a place where preparation meets pressure, courage meets challenge, and determination meets opportunity.

YPL 2026 transforms the sporting arena into a modern-day Kurukshetra, where young athletes and teams step onto the field not merely to compete, but to challenge themselves, represent their institutions and earn their moment of glory.

Across 17 sports, every match becomes a test of strategy, skill, teamwork, resilience and sportsmanship. Every athlete enters with a goal. Every team carries a dream. And every battle creates a story.

This is where rivals meet, strategies unfold, boundaries are pushed and champions emerge.

Kurukshetra is not just a battlefield.
It is a mindset.

A mindset to prepare harder | To stand stronger | To compete with courage | To never give up
And to turn every challenge into an opportunity to win.


YUVA PREMIER LEAGUE
YPL
2026
kurukshetra
The Battlefield of
Champions
10th - 11th December 2026
17 Sports | 250+ Colleges | 3,000+ Expected Footfall

FEMINA
MISS INDIA
2027
MAHARASHTRA

THE CROWN DOESN'T GO TO THOSE WHO WAIT.
IT GOES TO THOSE WHO APPLY.

Scan to Register



PLAYBOOK PROTOCOLS

- All members representing any team should be from the same college. If any non-college member is found, the whole team will be disqualified.
- All players should carry the ID cards of their respective colleges.
- Only one team will be allowed per college, per sport. (For Team Games)
- One player can play in one team only, registration/playing in multiple teams is not allowed. (For Team Games)
- In Individual sports, students can participate in multiple games.
- Teams not arriving/reporting for their match as per scheduled time, a walkover will be awarded to the opposite team 5 min after the previous game is over.
- In case any player or team member is found to be in arguments with the referee/opposite team member/committee member, it could result in the team being disqualified from the tournament. No abusive language will be tolerated on the ground premises. If done so the points will be deducted from the college's total points.
- Teams will also be responsible for the misbehavior (wrongful act) of their supporters at the venue. If the fans of any team invade the field of play, damage any property, or behave in any unruly manner, strict disciplinary action will be taken. They have to bear the cost for the damage.
- The YPL management committee cannot assume responsibility for any injuries to players or the audience during the tournament, rest assured that medical kits and first aid will be readily available.
- The decision of the organizing committee & referee in all matters will be final and binding in any case.
- If required, the management committee has all the rights to change/alter any schedule without prior intimation to the team Captains or the POC of that particular college. They also have the right to accommodate the dates of the tournament scheduled.
- Changes and upgradation in rules, if any, will be informed on event day.
- It is mandatory for all the players to wear one Color jersey (T-Shirt) during their match.
- While general rules apply to every game, it is essential to adhere to the specific rules designated for each individual game.
- Any participant with an objection during the games must fill out the Protest Form. Only then will the query be considered, reviewed, or forwarded for action.

ENCLOSED ARENA SPORTS

6th December 2026

Chess, Carrom & Badminton
Venue: B.K. Birla College, Kalyan

E- Sports: BGMI, E-Football & Chess
Venue: FVEG Campus,Malad

7th December 2026

Table Tennis
Venue: Poisor Gymkhana

Badminton Pickle Ball & Padel Ball
Venue: TSG Sports Arerna, Borivali East

badminton

SMASH & DASH

Registration: Rs. 300 /-

Order of Play (up to Semi-finals)

- Each game is played with 15 points.
- If the score reaches 15-15, the game will continue until one player leads by 2 points.
- If the score reaches 20-20, the first player to 21 points wins.

Order of Play (Semi-finals onwards)

- Each game is played with 21 points.
- If the score reaches 21-21, the game will continue until one player leads by 2 points.
- If the score reaches 29-29, the first player to 30 points wins.

- **Service:** The server must stand within the service court and hit the shuttlecock below the waist. The serve must be diagonal, and the shuttle must pass over the net and land in the opponent's service court. The server continues to serve until they commit a fault or lose a rally.
- **Faults:** Various faults can occur during a match, including hitting the shuttlecock out of bounds, not clearing the net, or stepping into the opponent's court. A fault results in the loss of a point.
- **Change of Ends:** Players change ends if any of the players reaches 8 or 11 first for 15 points and 21 points respectively.
- **Injury:** If a player is injured during a match, they are allowed a maximum of two minutes for treatment. If the injury persists, the injured player may retire from the match.

Additional Rules

- All players must report 30 minutes prior to their match.
- If a player is not available, the opponent will be given a walkover.
- A third-place match will be held for the bronze medal.
- Participants must bring their own racquet and shoes (gum sole compulsory).
- All matches will be played in a best-of-3 format.

BADMINTON

The organizing committee reserves the right to repeal, amend, or modify the byelaws as needed.

carrom

STRIKE & SPIKE

Registration: Rs. 100 /-

Seating

Each player sits on one side of the board and can only strike from that side.

- **Seating:** Each player sits on one side of the board and can only strike from that side.
- **Color:** Players can only pocket their chosen color token.
- **Turns:** The white player takes the first turn. Players get an extra turn for each carrom men pocketed.
- **Fouls:** Players lose their turn or return a carrom men to the board for committing a foul.
- **Striker:** The striker must touch both base lines while taking a stroke.
- **Communication:** Partners in doubles cannot communicate with each other.
- **Body:** Crossing the arrow with any part of the body is a technical foul.
- **Chair:** Players can't move their chair once their turn has started.

Other rules include

- The color of a player's piece is determined by a coin toss.
- Sinking an opponent's piece results in losing the turn.
- Sinking an opponent's last piece results in losing the board and three points.
- Sinking a player's last piece before the queen results in losing the board, three points, and one point for each remaining opponent piece.

CARROM


chess
THINK & LINK
Registration: Rs. 100 /-
Guidelines
• The tournament will be played on a “SWISS LEAGUE” basis as per the FIDE (World Chess Body) Guidelines.
• A player is eligible to play all the rounds, irrespective of win/ loss/ draw
• Time control: 10 min plus 5 sec. Increment per player.
• The BREAK: In case of a tie, the result will be resolved in the order.
• Buchholz Cut 1
• Buchholz
• S. Berger
• Direct Encounter
• Greater No.of Win
• The Chief Arbiter Decision is final and binding to all players.
• During any dispute, the player should report to the arbiter immediately. Once the game is over and the result is submitted, no dispute shall be resolved.
CHESS

bgmi

AIM & CLAIM

Registration: Rs. 400 /-

Guidelines

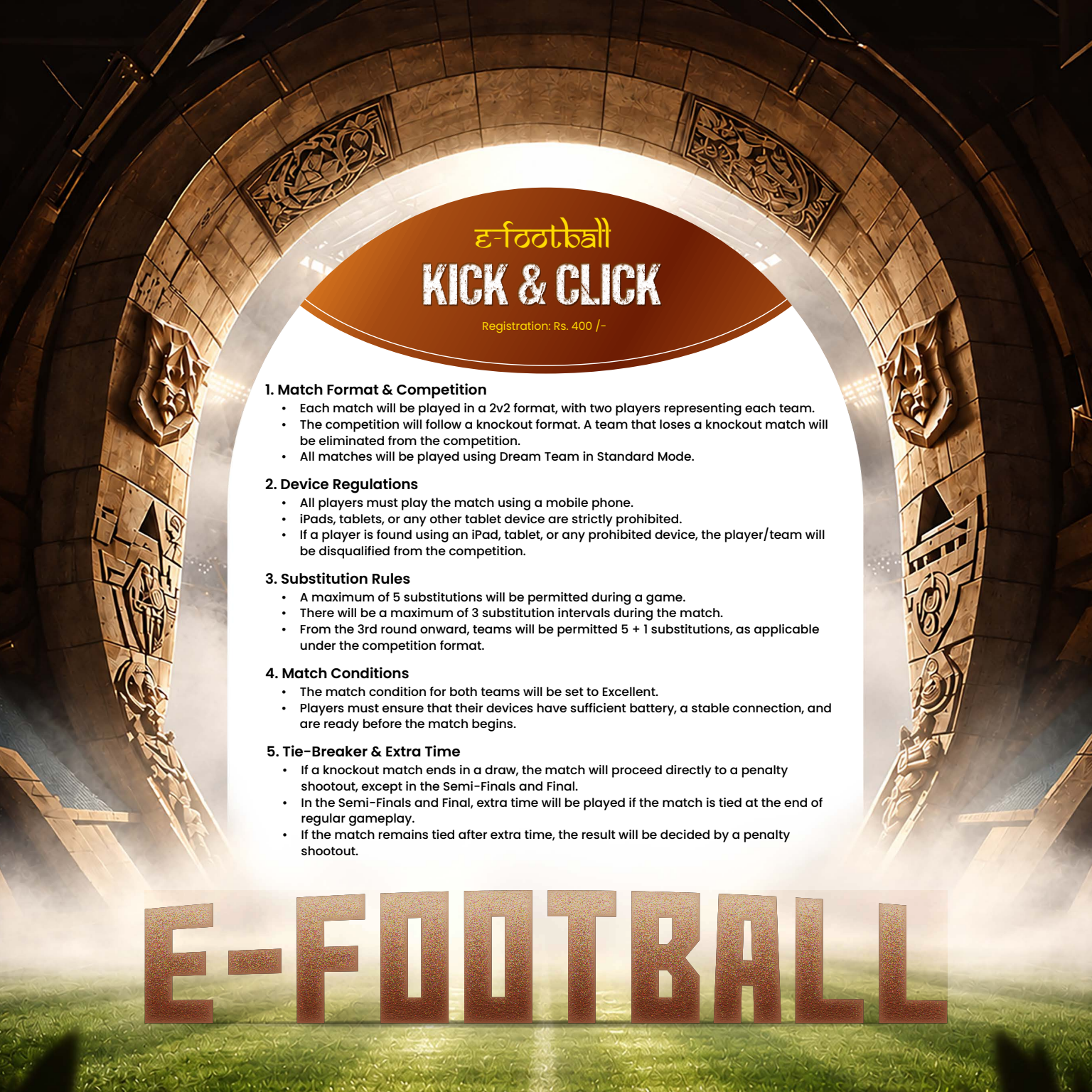
- Registration: Rs 400
- It will be a 4 man Squad match and one substitute (4+1)
- There will be a total of 64 teams
- 4 groups of 16 teams will be made
- Each group will get to play 2 matches each
- 2 maps will be there as follows :– Erangle, Miramar
- The Top 4 teams from each group will qualify for the finals
- From each group top 4 teams will qualify for the finals
- The maps for the 3 matches are as follows :– Erangle, Miramar, Shanok
- Wifi will be provided by the organization/committee
- The organisation /committee will check the device
- If the organization/committee found any type of hacking the team will be disqualified instantly
- iPads and tabs are not allowed for the matches
- The players must be ready to play on mobile data in case there is a Wifi issue

Pointing systems

- 1st place - 15 points
- 2nd place - 10 points
- 3rd place - 8 points
- 4th place - 6 points
- 5th place - 5 points
- 6th place - 4 points
- 7th place - 3 points
- 8th place - 2 points
- 9th place - 2 points
- 10th place - 1 points
- 11th to 16 place - 0 points

The organizing committee will have the power to change the rules and regulations.

BGMI


e-football
KICK & CLICK
Registration: Rs. 400 /-
1. Match Format & Competition
• Each match will be played in a 2v2 format, with two players representing each team.
• The competition will follow a knockout format. A team that loses a knockout match will be eliminated from the competition.
• All matches will be played using Dream Team in Standard Mode.
2. Device Regulations
• All players must play the match using a mobile phone.
• iPads, tablets, or any other tablet device are strictly prohibited.
• If a player is found using an iPad, tablet, or any prohibited device, the player/team will be disqualified from the competition.
3. Substitution Rules
• A maximum of 5 substitutions will be permitted during a game.
• There will be a maximum of 3 substitution intervals during the match.
• From the 3rd round onward, teams will be permitted 5 + 1 substitutions, as applicable under the competition format.
4. Match Conditions
• The match condition for both teams will be set to Excellent.
• Players must ensure that their devices have sufficient battery, a stable connection, and are ready before the match begins.
5. Tie-Breaker & Extra Time
• If a knockout match ends in a draw, the match will proceed directly to a penalty shootout, except in the Semi-Finals and Final.
• In the Semi-Finals and Final, extra time will be played if the match is tied at the end of regular gameplay.
• If the match remains tied after extra time, the result will be decided by a penalty shootout.
E-FOOTBALL

e-football

KICK & CLICK

Registration: Rs. 400 /-

6. Match Duration

- Each match will consist of 10 minutes of gameplay.
- Both teams are expected to be ready and available before the scheduled match time.

7. Player Attendance & Punctuality

- All registered players must report and be ready at the designated time before their scheduled match.
- If any one player of a team is late or fails to report for the match, the entire team will be disqualified.
- No team will be permitted to delay the fixture due to the absence or late arrival of a registered player.

8. Player Registration

- The complete list of registered players must be submitted to the organisers prior to the event.
- Only players included in the officially submitted registration list will be eligible to participate.

9. Conduct & Sportsmanship

- All players must maintain proper discipline and sportsmanship throughout the event.
- Abusive, offensive, or inappropriate language is strictly prohibited at the venue.
- Any misconduct, unsportsmanlike behaviour, or violation of venue/event discipline may result in disciplinary action, including disqualification.

10. Management Authority

- The management and organising committee reserve the right to modify, add, remove, or change any rule or regulation if required for the smooth and fair conduct of the competition.
- Any decision made by the management regarding the interpretation or implementation of these rules will be considered final and binding.

E-FOOTBALL

table tennis-singles

PING & SWING

Registration: Rs. 200 /-

The aim of the game is simple; hit the ball over the net onto your opponent's side. The ball should bounce once on the opponent's side of the table. A point is won by you if your opponent is unable to return the ball or if they hit the ball before it bounces on their side of the table (unless the ball has already cleared the table).

SCORING

- The winner is the first to 11 points.
- If the score is 10-10, then the game continues until one of the players has gained a lead of 2 points.
- Points are won irrespective of who has served.
- Matches can be the best of 5

SERVING

- The ball must first bounce on your side and then on your opponent's side of the table.
- If the ball touches the net and goes over, it's a 'let' – retake the serve.
- If the ball hits the net and doesn't go over or flies off the table without bouncing on your opponent's side, you lose the point.
- There are no second serves.
- The ball should rest freely on the open palm of the server, above the level of the table.
- The ball should be projected vertically (at least 16 cm)
- In singles you can serve from anywhere and to anywhere on the table
- Change servers every 2 points.
- If the score reaches 10-10 change server every point.

TABLE TENNIS

pickleball

PICKLE & TICKLE

Registration: Rs. 700 /-

IMPORTANT: This is a quick-reference sheet. Where a tournament-specific regulation differs from the standard rules, the official event regulations and referee/official's decision will apply.

1. SCORING

- Game: Games are normally played to 11 points; a team/player must win by 2 points.
- Match: Event organisers may specify best-of-3 or another format before play begins.
- Serving side: Only the serving side scores a point under traditional side-out scoring.

2. SERVE

- Serve must be made diagonally into the opponent's service court and clear the Non-Volley Zone (Kitchen).
- The server must serve from behind the baseline and within the correct service area.
- The serve is made underhand; the ball is struck below waist level with an upward swing. A drop serve may also be used under current rules.
- Only one serve attempt is allowed, except where a let is called.

3. TWO-BOUNCE RULE

- After the serve, the receiving team must let the ball bounce before returning it.
- After that return bounces, the serving team must also let the ball bounce once before playing it.
- Once both sides have completed this sequence, volleys are permitted, subject to Kitchen rules.

4. NON-VOLLEY ZONE (KITCHEN)

- The 7-foot area on each side of the net is the Non-Volley Zone.
- Players may enter the Kitchen, but may not volley while standing in it or touching its line.
- A player who volleys must have both feet established outside the Kitchen and may not step into it because of momentum after the volley.

PICKLEBALL

pickleball

PICKLE & TICKLE

Registration: Rs. 700 /-

5. FAULTS

- Ball lands out of bounds or in the wrong service court.
- Serve fails to clear the Non-Volley Zone or lands in the Kitchen.
- Ball is volleyed before the two-bounce requirement is satisfied.
- Player volleys from the Kitchen or touches the Kitchen line during a volley.
- Ball is hit into the net, except where it subsequently legally crosses the net as allowed by the rules.
- Player or equipment touches the net or net system while the ball is in play.

6. SINGLES & DOUBLES

- Singles: The server's score determines the serving side of the court; even score = right, odd score = left.
- Doubles: Teams have a serving sequence and each player serves before a side-out, except at the start of a game when the designated starting server serves once before a

7. PLAYER CONDUCT & EVENT REGULATIONS

- Players must report to the assigned court on time and follow instructions from officials.
- Respect opponents, officials, staff and facilities. Unsportsmanlike conduct may result in a warning, penalty or removal from the event.
- Players must use approved equipment and appropriate sports footwear.
- The tournament organiser's announced match format, scheduling, substitutions/withdrawals and disciplinary procedures apply to the event.

PICKLEBALL

padel ball

PADEL & BATTLE

Registration: Rs. 700 /-

1. TOURNAMENT FORMAT

- Padel Ball matches will be conducted according to the tournament fixture and schedule released by YPL.
- The competition will follow a knockout format unless otherwise specified by the organisers.
- Players/teams must report at the designated venue before their scheduled match time.
- A player/team failing to report within the permitted reporting window may be awarded a walkover.

2. PLAYER ELIGIBILITY

- Only registered YPL participants are permitted to play.
- Players must carry valid college/student identification when requested by officials.
- Only the players registered for the respective team/event may participate.
- Substitution of an unregistered player is strictly prohibited.

3. MATCH FORMAT

- Matches will be played in singles or doubles as specified in the official YPL fixture.
- The match format and number of games/sets will be announced by the organisers before the competition.
- Players must follow the instructions of the referee/official throughout the match.
- Warm-up time may be limited depending on the tournament schedule.

4. SERVE

- The server must serve from the designated service area and follow the official serving procedure explained by the referee.
- The serve must be made clearly and without deliberate delay.
- A serve that violates the designated service rules will be considered a fault.
- The receiving player/team must be ready before the serve is delivered.

5. FAULTS & VIOLATIONS

The following may be called as faults or violations:

- Ball landing outside the designated playing area.
- Illegal or incorrect serve.
- Deliberately interfering with an opponent.
- Touching the net or restricted court area where prohibited.
- Deliberate delay of play or unsporting conduct.
- Any action that gives a player/team an unfair advantage.

PADEL BALL

padel ball

PADEL & BATTLE

Registration: Rs. 700 /-

6. SCORING

- Points will be awarded according to the scoring format announced by YPL officials.
- The referee's score will be treated as the official score during the match.
- Players should confirm the score before the next point where necessary.

7. EQUIPMENT & ATTIRE

- Players must use equipment approved or permitted by YPL officials.
- Players must wear appropriate sports attire and suitable non-marking sports footwear.
- Personal equipment may be inspected by officials if required.
- Damaged or unsafe equipment must not be used during play.

8. MATCH CONDUCT

- Players are expected to maintain discipline, respect opponents and follow officials' instructions.
- Abusive language, aggressive behaviour, intimidation, deliberate misconduct or damage to venue property may result in penalties or disqualification.
- Only the designated captain/player may communicate with the referee regarding match-related queries.

9. KNOCKOUT & TIE-BREAK

- In knockout matches, if the score is tied under the prescribed match format, the official tie-break procedure announced by YPL will apply.
- The referee will explain the tie-break procedure before it begins.
- There will be no replay unless specifically ordered by the tournament officials due to an exceptional circumstance.

10. WALKOVER & LATE ARRIVAL

- Players/teams must be present and ready before the scheduled start time.
- Late arrival may result in a walkover at the discretion of the tournament officials.
- Once a walkover is officially awarded, the decision will normally be final.

11. REFEREE & OFFICIAL DECISIONS

- The referee's decision on points, faults and on-court incidents will be final during the match.
- Players must not argue aggressively with officials or disrupt play.
- Any formal complaint should be raised through the designated YPL management process.

PADEL BALL


Beyond-Walls
Games
10th & 11th Dec 2026
BOX CRICKET
RINK FOOTBALL
VOLLEYBALL
BASKETBALL
KABADDI
KHO KHO
ATHLETICS 100M, 200, 4X100M RELAY

rink football

KICK & TRICK

Registration: Rs. 800 /-

- A team will consist of 5 + 3 players (including 1 goalkeeper and 4 players). Change of 3 substitute players can be made at any given time.
- Team Line-up must be submitted before the reporting time of the game.
- The duration of play will be 22 min (10 min each half with 2 min break).
- Players must wear canvas/sports/studs shoes only. Spikes, Boots & Barefoot will not be allowed.
- Penalty kicks will be from the penalty spot.
- No throw-ins, (Only Kick-ins)
- Headers are allowed
- Change of players can be made at any given time, but with intimation to the referee/ linesman.
- In case of No result after complete duration of play, match winner will be decided based on Penalty Shootout.
- Aggressive behavior and foul language can result in player disqualification from the game or from the whole event.
- The referee's decision is final.
- Changes or upgradation in rules if any, will be informed on the event day.
- Organizing committee shall have the power to repeal, amend and modify the by-laws.

RINK FOOTBALL

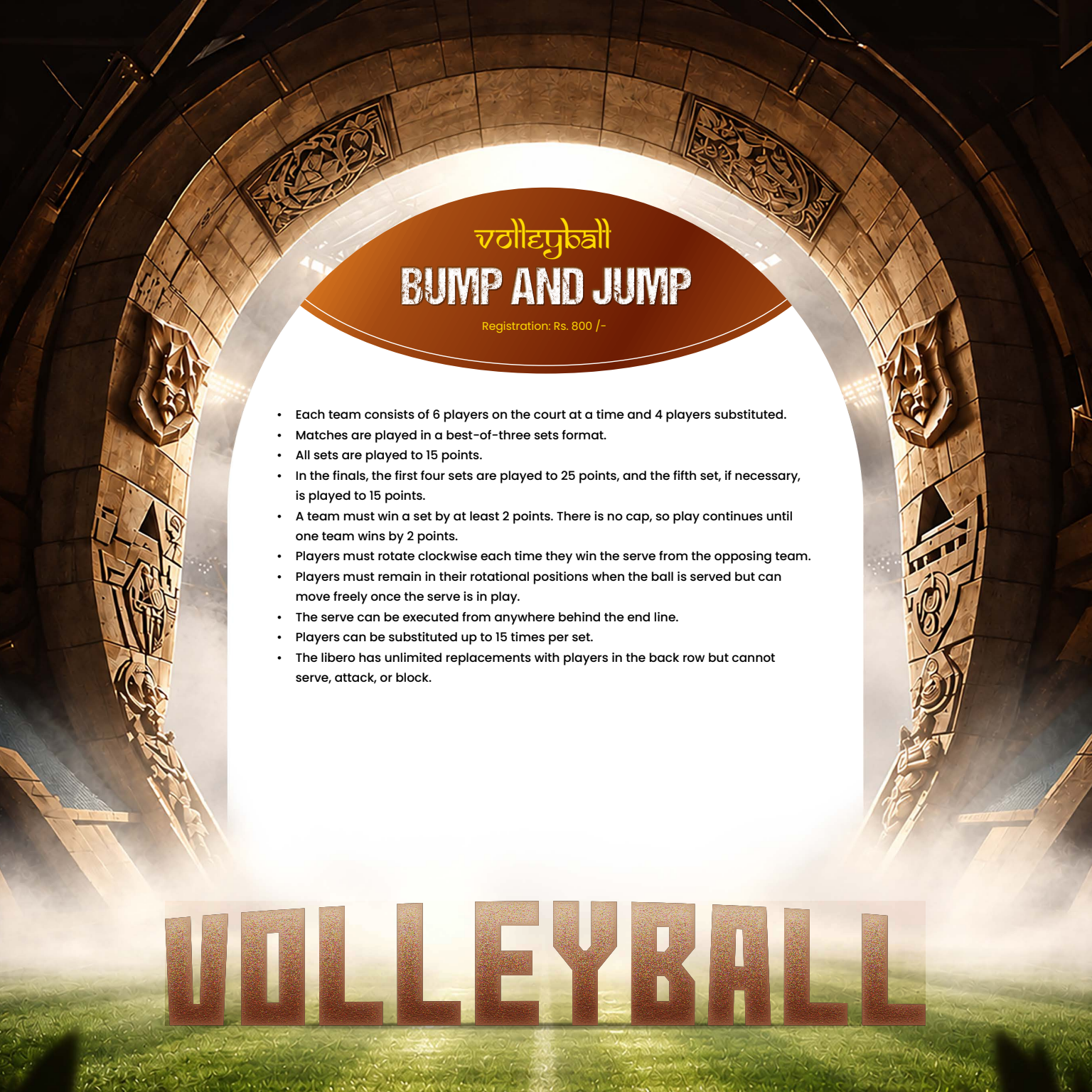
basketball

HOOP & SWOOP

Registration: Rs. 800 /-

- The duration of the match is two halves of 10 min, with a half break of 2 min.
- A team shall consist of 5 + 3 players.
- The offensive team has 5 seconds to put the ball back into play.
- Each team is allotted 6 fouls per half, If the team surpass this allotment they go “into the bonus”
- Each team will be allotted 2 timeouts for 30 seconds each. This can be used anytime during the match.
- All players will need to always wear sports shoes on the court.
- General Basketball rules will be followed.
- When the buzzer goes the games end on the spot.

BASKETBALL



- Each team consists of 6 players on the court at a time and 4 players substituted.
- Matches are played in a best-of-three sets format.
- All sets are played to 15 points.
- In the finals, the first four sets are played to 25 points, and the fifth set, if necessary, is played to 15 points.
- A team must win a set by at least 2 points. There is no cap, so play continues until one team wins by 2 points.
- Players must rotate clockwise each time they win the serve from the opposing team.
- Players must remain in their rotational positions when the ball is served but can move freely once the serve is in play.
- The serve can be executed from anywhere behind the end line.
- Players can be substituted up to 15 times per set.
- The libero has unlimited replacements with players in the back row but cannot serve, attack, or block.

box cricket

PITCH & SWITCH

Registration: Rs. 800 /-

- All matches including Finals will be played for 4 overs per innings.
- Each team can play with a maximum of 6 +2 players.
- Sports shoes are compulsory.
- In case the match is unable to start due to the non-availability of any team / team member the umpires will have an option to ask the team (if limited members are available) to start the match with a reduced side
- No extension of time will be given under normal circumstances.
- If both teams fail to report for the scheduled match, the YPL committee will disqualify the teams.
- In case a team fails to turn up for their scheduled match, the umpires will award the match to the opponent team, provided the opponent team is already on the ground.
- Any no-ball will result in a free hit.
- Byes, Leg byes and Overthrows runs are allowed.
- If the ball goes outside the box except for the boundary, it will be declared as 1 run. The same batsman will play the next ball.
- The innings break for all the matches would be 2 minutes maximum.

BOX CRICKET

kabaddi

RAID & EVADE

Registration: Rs. 1000 /-

The duration of the game is 12 minutes. It has a 3-minute break in the middle. Teams change sides after halftime. {13 mins half 4mins break}

1. Objectives for Raiders

- The raiders should take a breath and entone 'kabaddi kabaddi' without any break.
- The raider should tag a member of the opposite team and return to his half. (every 3 raids will be a do-or-die raid if the raider is unsuccessful in the two consecutive raids).
- Players are 'out' when a player breaks their breath.
- 30 seconds are available for each raid. If the raider fails to reach his half within time, he is out, and the opposite team gets one point.
- The raider should touch the base line with one leg in the air, if the raider fails to do so the opponent team will be rewarded with a point.

2. Objectives for Defenders

- The role of a tagged player is to catch the raider and prevent him/her from reaching the other half of the field.
- One point is awarded when the defender tackles to prevent the raider from going back.
- Defenders must be cautious enough not to cross the centreline of the field known as 'the lobby' while trying to catch the defender as doing this can lead to a foul.
- Defenders should not grab or hold raiders by their clothes, hair, or any part of their body other than their limbs and torso.

3. Bonus points

- Six players must be present on the court.
- Raider gets one point when he crosses the bonus line.
- If the raider crosses the bonus line with one foot with the other one in the air, when the defending team has 6 or 7 defenders, he or she gets a bonus point.
- The defending team gets one point when they tackle the raider.
- There is no revival for bonus points.

KABADDI

athletics

SPRINT & STINT

Registration: 100, 200 M: Rs 100 /-
& for 4 x 100 M Relay Rs 400 /-

Relay(4x100m)

- Players should wear spikes or shoes while running. Barefoot is not allowed.
- A team of 4 players will participate in the 4x100m relay.
- If a player leaves before the whistle/clapper, the player will be given one warning and then if repeated the team will be disqualified under the pretext of a false start.
- At the start of the event, players will carry a baton in hand (4x100m Relay)
- A baton is to be exchanged only when an athlete is within 20m of the next runner
- The referees' decision is final.

100m & 200m

- Players should wear spikes or sports shoes while running. Barefoot will not be allowed.
- Players should be in the proper position at the start of the race
- If a player leaves before the whistle/clapper, there will be one warning given, if committed again he or she will be disqualified.
- In all races, line crossing at the slightest will result in disqualification.
- Sportswear and sports gears are compulsory.

ATHLETICS

kho kho

CHASE & RACE

Registration: Rs. 1200 /-

1. Team Composition

- Each team consists of 12 players, but only 9 players take the field during a match.
- Teams alternate between chasing and defending roles.

2. Field Dimensions

- The playing field is a rectangular shape with dimensions of 27 meters by 16 meters.

3. Duration of Play

- A standard Kho Kho match consists of two innings, with each inning lasting for a fixed duration (usually 9 minutes).

4. Chasers and Runners

- The team that defends first sends out 3 players, called "chasers," to tag the members of the opposing team, who are the "runners."

5. Defenders and Dodging

- The defending team has 9 players positioned on the field, and they must try to avoid being tagged by the chasers.

6. Tagging Rules

- Chasers must tag the runners using their hands to make them "out."
- Runners can move in any direction to avoid being tagged but must remain within the field boundaries.

7. Dodging Zones

- To make the game more challenging for chasers, there are two rectangular zones at the center of the field called "dodging zones." Runners can only stay in these zones for a limited time.

KHO KHO

kho kho

CHASE & RACE

Registration: Rs. 1200 /-

8. Chaser Rotation

- Chasers must rotate after each turn of tagging or after a set time, and the team has a limited number of unsuccessful attempts to tag runners.

9. Getting Out

- A runner is considered "out" if they are tagged by a chaser, if they go out of bounds, or if they enter a dodging zone for more than the allowed time.

10. Scoring

- The team playing the chasing role earns points for the number of runners tagged in a given time frame.

11. Switching Roles

- After the first inning, teams switch roles – the chasing team becomes the defending team, and vice versa.

12. Winning the Match

- The team with the highest score at the end of both innings wins the match.

13. Referee Signals

- The referee uses hand signals to indicate various decisions, such as when a runner is out or if a tag was successful.

14. Fair Play

- Kho Kho emphasizes fair play, and players must adhere to the rules and spirit of the game.

15. Infringements and Penalties

- Players must avoid infringing on rules, and penalties may be imposed for violations, such as entering or leaving the field improperly.

KHO KHO


BEST COLLEGIATE
CROWN
1st RUNNER UP
Cash Prize of
₹15,000/-
WINNER
Cash Prize of
₹21,000/-
2nd RUNNER UP
Cash Prize of
₹11,000/-
Only the Winner / 1st Runner-up / 2nd Runner up
of any sports are eligible for the Final YPL Best College Title.

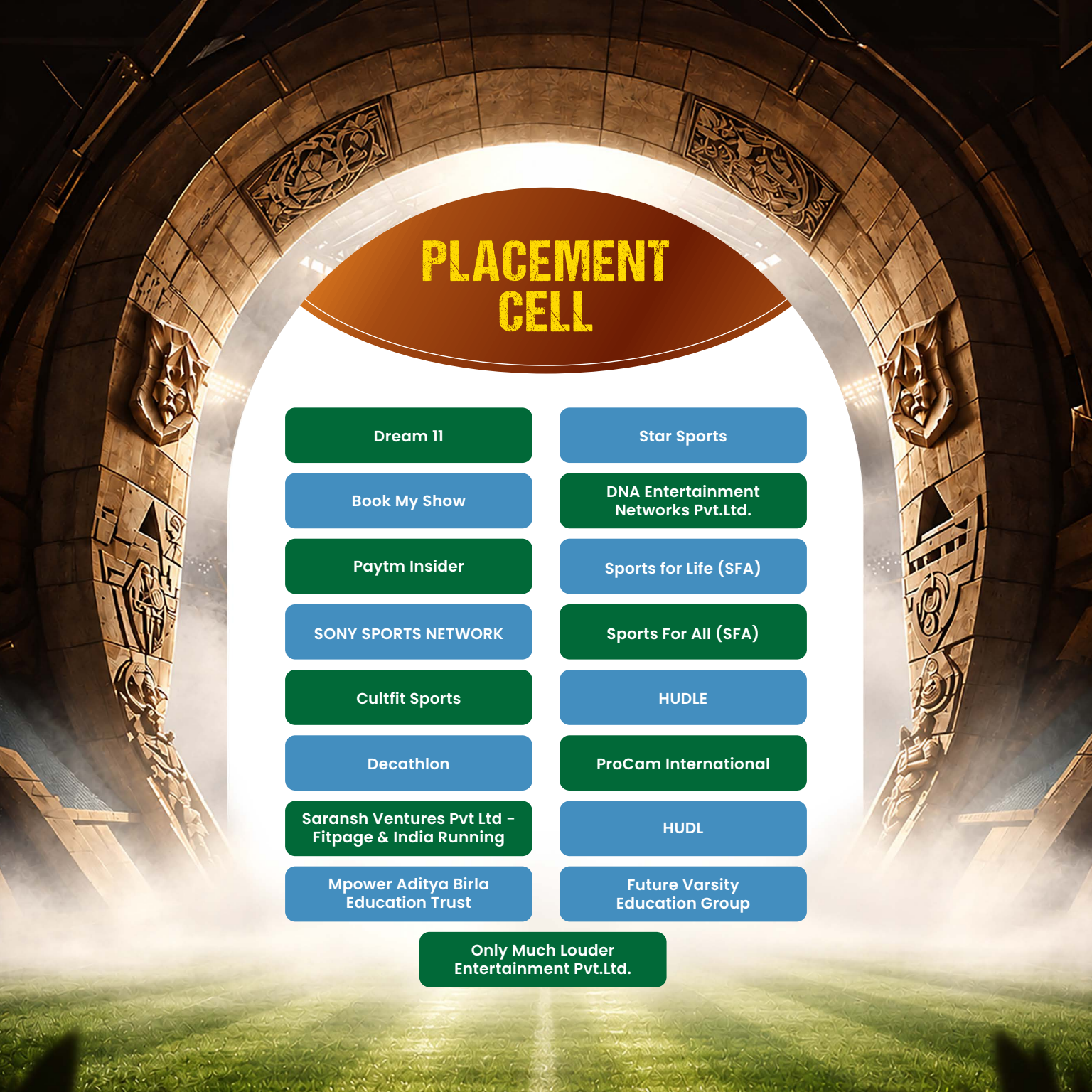
RACKING UP POINTS

PARTICULARS	PARTICIPANTS 12 OR ABOVE	PARTICIPANTS 12 OR UNDER
WINNER	40	30
1st RUNNER UP	30	20
2nd RUNNER UP	20	10
Non participants of any category	-5	-5
Backout after registration	-5	-5
Bonus points per win	2	2
Bye	1	1

For Athletics & Long Jump - Winner, 1st Runner-up & 2nd Runner-up will earn 15, 10 & 5 points respectively.

VICTORY VAULT

SEGMENTS	GOLD	SILVER	BRONZE
RINK FOOTBALL	8000	5000	3000
BASKETBALL	8000	5000	3000
VOLLEYBALL	8000	5000	3000
BOX CRICKET	8000	5000	3000
KABADDI	8000	5000	3000
ATHLETICS-RELAY (4X 100 M)	4000	3000	2000
ATHLETICS- (100 M)	3000	2000	1000
ATHLETICS- (200 M)	3000	2000	1000
KHO KHO	8000	5000	3000
PICKLE BALL	8000	5000	3000
Padel Ball	8000	5000	3000
TABLE TENNIS	5000	3000	-
BADMINTON	5000	3000	-
CARROM	2000	1000	-
E-SPORTS BGMI	5000	3000	2000
E-FOOTBALL	5000	3000	2000
CHESS	2000	1000	-


PLACEMENT CELL
Dream 11
Star Sports
Book My Show
DNA Entertainment Networks Pvt.Ltd.
Paytm Insider
Sports for Life (SFA)
SONY SPORTS NETWORK
Sports For All (SFA)
Cultfit Sports
HUDLE
Decathlon
ProCam International
Saransh Ventures Pvt Ltd - Fitpage & India Running
HUDL
Mpower Aditya Birla Education Trust
Future Varsity Education Group
Only Much Louder Entertainment Pvt.Ltd.

TRAINING AND INTERNSHIP



SAVIORTHON 10K
5th Edition



Hyrox Mumbai 2026



Swami Vivekanand Run
Run for a Cause

TRAINING AND INTERNSHIP

GLIMPSE OF YPL 2025



















YPL 2025

our associates

FUTURE VARSITY EDUCATION GROUP

NASM

NAEMD www.naemd.com

LSI Lifeness Science Institute

NAFDI

LivGlobal

GAPA GLOBAL ACADEMY OF PROFESSIONAL ACCOUNTANTS

ADI

Institute of Management Studies and Research

NAMG

ACADEMISTHAN

EW EducationWorld

ISS The Sports Gurukul

WACP WORLD ACADEMY OF CAREER PROGRAMMES

NASCA ACADEMY OF SCIENCE & CREATIVE ARTS

academic partners

MKES KHANDWALA COLLEGE LEARNERS BECOMING LEADERS

tcsc

ASSOCIATES

Build Your Career in the Sports Industry with NASM!



UNDERGRADUATE PROGRAMMES (UG)

Bachelor of Sports Management (BSM)

Eligibility: 12th Grade (10+2)

Duration: 3 Years

Diploma in Sports Management (DSM)

Eligibility: 12th Grade (10+2)

Duration: 1 Year

POSTGRADUATE PROGRAMMES (PG)

Master of Sports Management (MSM)

Eligibility: Graduation

Duration: 2 Years

Postgraduate Diploma in Sports Management (PGDSM)

Eligibility: Graduation

Duration: 1 Year

TAKE THE FIRST STEP TOWARDS YOUR **SPORTS CAREER!**

Admissions Open – Apply Now!

Contact Us:
77188 98665 | 70597 21111


NASM
PRESENTS
YUVA PREMIER LEAGUE
YPL 2026
kurukshetra
The Battlefield of Champions
YPL DATES
10th & 11th
DECEMBER 2026
VENUE
Sports Authority of India,
Akurli Road, Near Samta Nagar Police Station,
Western Express Highway, Kandivali (East),
Mumbai - 400101
Scan to Register
MALAD | KANDIVALI
+91 83693 97432 | +91 87776 76263
B. K. BIRLA COLLEGE, KALYAN
+91 84528 32558 | +91 99300 46682
ypl@nasm.edu.in | www.nasm.edu.in
Follow us on: @yuvapremierleague / @nasminstitute