

IILM UNIVERSITY

Greater Noida

SYNERGY 2026

MBA Orientation

Team Building & Sports Challenge

PARTICIPANT HANDBOOK

Student Affairs Division | MBA Batch 2026–28

01 | About SYNERGY 2026

SYNERGY 2026 is the official **Team Building and Sports Challenge** organized as part of the **MBA Orientation Programme** at IILM University, Greater Noida.

The event has been thoughtfully designed to foster interaction among the incoming MBA cohort while building the essential qualities that define effective leaders and collaborators.

What SYNERGY Builds

Teamwork	Leadership	Communication	Strategic Thinking	Healthy Competition	Sportsmanship
----------	------------	---------------	--------------------	---------------------	---------------

02 | Event Structure

Each participant is required to register for **two (2) events**: one from each group as outlined below.

GROUP 1	GROUP 2
<ul style="list-style-type: none"> • Tug of War — Boys & Girls — Team (10 players) • Sprint Race — Boys & Girls — Individual • Badminton — Mixed — Singles • Giant Jenga Challenge — Mixed — Individual 	<ul style="list-style-type: none"> • Table Tennis — Mixed — Singles • Chess — Mixed — Rapid Individual • Carrom — Mixed — Singles • Building Tower Challenge — Mixed — Team (4 players)

⚠ Participants may not select more than one event from the same group.

03 | Event Categories

GROUP 1

Tug of War

Category: Boys & Girls (Separate — Team Event)

- Team Size: 8 Players + Maximum 2 Substitutes
- Tests strength, coordination, teamwork and communication
- Best of Three format

Sprint Race

Category: Boys & Girls (Separate — Individual)

- Short-distance individual race

- Evaluates speed, agility and athletic performance
- Standard standing start

Badminton

Category: Mixed — Individual Singles

- Knockout Tournament format
- Standard rally scoring (21 points)
- Finals: Best of Three Games

Giant Jenga Challenge

Category: Mixed — Individual

- Carefully remove and stack wooden blocks
- Tower must remain stable after every move
- The participant causing the tower to collapse is eliminated

GROUP 2

Table Tennis

Category: Mixed — Individual Singles

- Knockout Tournament format
- Match played up to 11 points, Best of Three Games
- Standard table tennis rules apply

Chess

Category: Mixed — Rapid Individual

- Time Control: 10 minutes per player
- Emphasizes strategic thinking and decision-making
- Illegal moves governed by tournament rules

Carrom

Category: Mixed — Individual Singles

- Knockout Tournament format
- Queen must be covered immediately after pocketing
- Standard Carrom Federation rules apply

Building Tower Challenge

Category: Mixed — Individual (Team Relay Variation Optional)

Objective: Hold a balloon in the air using one hand while building a tower of paper cups with the other hand

Duration: 2–3 Minutes

Materials Required: 1 Balloon + 21 Paper Cups per participant, on a table or flat surface

Skills Assessed:

- Coordination
- Concentration
- Multitasking
- Teamwork (in team/relay format)

04 | Registration Guidelines

Registration	Compulsory for all MBA participants
Credentials	Use official University login credentials
Selection	One event from Group 1 + One event from Group 2
Multiple Selections	Not permitted from the same group
Deadline	Registrations after the deadline will not be accepted
Modifications	Event changes after submission will not be entertained

05 | Reporting Guidelines

1. Report at least 15 minutes before your scheduled event.
2. University Identity Card is mandatory — participants without it will not be permitted.
3. Wear comfortable sports attire and sports shoes.
4. Avoid jewellery, watches, or accessories that may cause injury.
5. Participants failing to report on time may be marked absent and forfeit their slot.

06 | General Rules

- The Organizing Committee reserves the right to modify schedules whenever required.
- Decisions of referees and event officials shall be final and binding.
- Unsportsmanlike behaviour, abusive language, or misconduct shall result in immediate disqualification.

- Any attempt to cheat or violate event rules will attract disciplinary action.
- Participants shall respect fellow participants, volunteers, officials, and university property.
- Mobile phones shall not be used during participation unless specifically permitted.
- Participants are expected to maintain discipline throughout the event.

07 | Detailed Event Rules

The following rules apply to each event in addition to the General Rules in Section 06. All participants must read and familiarise themselves with the rules of their selected events before reporting.

Tug of War

Category: Boys & Girls (Separate) — Team Event

1. Each team shall consist of 10 players, with a maximum of 2 substitutes permitted.
2. Boys' and Girls' competitions shall be conducted separately.
3. The match shall be played in a Best of Three format.
4. A team wins a pull by dragging the opposition's marked point on the rope across the designated centre line.
5. Players must hold the rope with both hands; sitting down, wrapping the rope around the body, or lying on the ground are not permitted.
6. Any unsafe pulling technique that could cause injury to a player is strictly prohibited and may result in disqualification of the team.
7. Substitutions may only be made between pulls, not during an ongoing pull.
8. The decision of the referee on the winning pull is final.

Note: Players must wear footwear with adequate grip; bare feet or socks-only play is not permitted for safety.

Sprint Race

Category: Boys & Girls (Separate) — Individual 100m Dash

1. The goal is to run the designated distance in the shortest possible time.
2. Boys' and Girls' races shall be conducted separately.
3. Athletes must start from a standing or crouched start as instructed by officials and remain still until the start signal.
4. The race begins on a whistle or starter's signal; athletes must remain still until the signal sounds.
5. Any runner who moves before the start signal commits a false start. One false start warning may be issued per race; a repeat false start by the same athlete may result in disqualification.
6. Each runner is assigned a lane (where applicable) and must remain within it for the entire race.
7. The race is completed when any part of the runner's torso crosses the finish line.

8. Winners shall be determined according to finishing order as recorded by event officials.
9. Athletes must wear suitable sports shoes; spikes may be permitted on appropriate track surfaces at the organizers' discretion.
10. Obstructing another runner, stepping out of the assigned lane, or failing to follow officials' instructions may result in disqualification.

Badminton

Category: Mixed — Individual Singles

1. The competition shall be conducted as a Singles Knockout Tournament.
2. Standard rally point scoring shall apply: each game is played to 21 points.
3. A player must win by a margin of at least 2 points, up to a maximum of 30 points (game point at 29–29).
4. Matches shall be played as Best of Three Games. In the event of a final, the same format applies.
5. Players change ends after each game, and at 11 points in the deciding (third) game.
6. A let may be called by the umpire for a legitimate stoppage; the rally is replayed.
7. Service must be made diagonally, below waist height, with the shuttle struck from below the server's racket hand.
8. Standard badminton rules of the Badminton World Federation shall apply for all situations not covered above.

Giant Jenga Challenge

Category: Mixed — Individual

1. The tower is stacked with 54 wooden blocks in levels of three, with the direction of blocks alternating at each level.
2. The objective is to be the last player to successfully remove and place a block without toppling the tower.
3. On a player's turn, one block must be carefully removed from anywhere below the highest completed level.
4. Only one hand may be used at a time while removing or placing a block.
5. After removal, the block must be placed on the topmost level of the tower, completing a new row every three blocks.
6. Players may touch blocks to find one that moves easily, but once a block is moved significantly from its position, it must be the one removed.
7. No pushing, hitting, or shaking the table or tower to dislodge a block is permitted.
8. If the tower collapses during a player's turn, that player loses the match. The last player to have successfully completed their move before the collapse is declared the winner.

Table Tennis

Category: Mixed — Individual Singles

1. The competition shall be conducted as a Singles Knockout Tournament.
2. Each game shall be played up to 11 points; a player must win by a margin of at least 2 points.
3. Matches shall be played as Best of Three Games.
4. Service alternates every 2 points, except in deuce situations (10–10), where service alternates every point.
5. Players change ends after each game, and at 5 points in the deciding game.
6. A let is called and the point replayed if the ball touches the net on service and still lands correctly, or for other legitimate stoppages.
7. The ball must be struck after a single bounce on the server's own side and must clear the net into the opponent's side.
8. Standard rules of the International Table Tennis Federation shall apply for all situations not covered above.

Chess

Category: Mixed — Rapid Individual

1. The objective is to checkmate the opponent's king — placing it under threat of capture with no legal way to escape.
2. Chess is played between two players, one controlling the white pieces and the other controlling the black pieces; players alternate turns, starting with White.
3. Piece movement: King moves one square in any direction. Queen moves any number of squares in any direction. Rook moves any number of squares vertically or horizontally. Bishop moves any number of squares diagonally. Knight moves in an 'L' shape (two squares in one direction, then one square perpendicular). Pawn moves forward one square (two squares on its first move) and captures diagonally.
4. Time Control: 10 minutes per player (Rapid format).
5. If a player touches a piece that has a legal move, they must move that piece (the 'touch-move' rule).
6. If a player has no legal move and their king is not in check, the game ends in a draw (stalemate).
7. A game may also end in a draw by mutual agreement, threefold repetition of the same position, or the fifty-move rule.
8. Illegal moves shall be governed by standard tournament rules, with the move corrected and a time penalty applied where applicable.
9. Tie-breaks, where required, shall be decided by the organizers using standard tie-break methods.

Carrom

Category: Mixed — Individual Singles

1. The competition shall be conducted as a Singles Knockout Tournament.
2. Each player strikes the striker from their designated baseline to pocket their assigned coins (black or white).
3. The Queen (red coin) may be pocketed at any time but must be immediately 'covered' by pocketing one of the player's own coins directly after; if not covered, the Queen is returned to the centre.
4. A player who pockets the striker along with a coin forfeits the move, and the pocketed coin (other than the Queen) is returned to the board.
5. A foul is called if the striker is pocketed without covering, if a coin is pocketed out of turn, or if the striker leaves the board.
6. The game is won by the player who first pockets all their assigned coins along with the covered Queen.
7. Standard Carrom Federation rules shall apply for all situations not specifically covered above.

Building Tower Challenge

Category: Mixed — Individual (Team Relay Variation Optional)

1. Each participant uses only one designated hand to keep a balloon from touching the ground; the other hand is used exclusively to build the paper cup tower.
2. Participants cannot switch hands during the game.
3. The balloon must remain in the air throughout the activity and may only be tapped with the designated balloon hand.
4. Participants may not catch, hold, or trap the balloon against their body, the table, or any object.
5. The cup tower must be built using only the designated cup-building hand.
6. If the balloon touches the ground, the participant must stop building immediately, pick up the balloon, and resume after a 5-second penalty (or as decided by the organizer).
7. If the cup tower collapses, the participant may rebuild it using the same designated hand.
8. Physical assistance from teammates or spectators is not allowed, unless the event is run as a team relay variation.
9. The game duration is 2–3 minutes.

Note: Materials per participant: 1 Balloon and 21 Paper Cups, on a table or flat surface.

08 | Code of Conduct

SYNERGY 2026 upholds the highest standards of integrity, respect, and fair play. All participants are expected to embody the following principles throughout the event.

- Demonstrate integrity and honesty in all interactions.
- Display respect towards all participants, officials, volunteers, and university staff.
- Accept officials' decisions gracefully without argument or protest.
- Encourage teamwork, inclusiveness, and collective spirit.
- Maintain discipline and decorum at all times during the event.
- Avoid any behaviour that disrupts or compromises the event.

09 | Safety Guidelines

Participant safety is our highest priority. Please adhere to the following at all times.

- Participate only if you are medically fit. Do not participate if you have any injury, illness, or medical condition that may be aggravated by physical activity.
- Immediately report any injury or discomfort to the nearest event volunteer or first-aid personnel.
- Follow all safety instructions issued by event staff and officials.
- Avoid dangerous play, reckless behaviour, or any action that could harm yourself or others.
- Use all equipment only as instructed by the organizing team.

10 | General Guidelines

The following day-of-event guidelines apply across all SYNERGY 2026 activities, in addition to the specific rules of each event.

Before the Event

- Confirm your registered events and report time at least a day in advance.
- Carry your University Identity Card at all times.
- Ensure you are medically fit and have informed organizers of any pre-existing condition relevant to your event.
- Familiarise yourself thoroughly with the rules of your registered events.

During the Event

- Report to the designated venue at least 15 minutes before your scheduled event.
- Wear comfortable sports attire and appropriate footwear; avoid loose jewellery or accessories.
- Follow the instructions of referees, umpires, and volunteers at all times.
- Maintain hydration and inform a volunteer immediately if you feel unwell.
- Keep mobile phones switched off or silenced during your event unless specifically permitted.

- Respect the decisions of officials; disputes should be raised calmly through the team captain or designated representative, not directly with the official mid-play.

After the Event

- Return any borrowed equipment to the organizing team.
- Vacate the venue promptly to allow the next scheduled event to begin on time.
- Report any injury, however minor, to event volunteers before leaving the venue.

11 | Terms & Conditions

- Participation is entirely voluntary.
- Registration once submitted shall be treated as final and binding.
- The Organizing Committee reserves the right to alter event schedules, venues, or formats.
- The University shall not be responsible for loss or damage to personal belongings.
- Participants must comply with all applicable university rules and regulations.
- Photographs and videos captured during the event may be used by the University for promotional and official purposes.

12 | Participant Declaration

By registering for SYNERGY 2026, I solemnly declare and agree to the following:

1. I have read and fully understood all event rules and guidelines contained in this handbook.
2. I agree to abide by all instructions issued by the Organizing Committee and event officials.
3. I am medically fit to participate in the registered events.
4. I understand that violation of any rule may result in immediate disqualification.
5. I permit the University to use photographs and videos captured during the event for official and promotional purposes.
6. I agree to uphold the spirit of fair play, sportsmanship, and mutual respect throughout SYNERGY 2026.

I Agree to the Terms & Conditions and Participant Declaration

Name: _____ Enrolment No.: _____

Programme: _____ Date: _____

Signature: _____

13 | Undertaking

This Undertaking must be read carefully, completed, and submitted (signed) by every participant prior to taking part in any SYNERGY 2026 event.

UNDERTAKING

I, _____ (Name), Enrolment No. _____, a bona fide student of the MBA Programme at IILM University, Greater Noida, do hereby solemnly state and undertake as follows:

1. I am voluntarily participating in SYNERGY 2026 and the event(s) I have registered for, namely: _____ and _____.
2. I am medically fit to participate in the above event(s) and am not suffering from any illness, injury, or condition that could be aggravated by physical or competitive activity.
3. I have read, understood, and shall abide by the Rules, General Guidelines, Code of Conduct, and Safety Guidelines set out in this Handbook.
4. I shall follow all instructions issued by the Organizing Committee, referees, umpires, and volunteers, and accept their decisions as final.
5. I shall conduct myself with discipline, integrity, and sportsmanship, and shall not indulge in any unsportsmanlike behaviour, misconduct, or unsafe practice.
6. I understand that the University and the Organizing Committee shall not be held liable for any injury, loss, or damage sustained during my participation, except where caused by proven negligence on the part of the organizers.
7. I shall be personally responsible for my belongings during the event and understand the University is not liable for their loss or damage.
8. I consent to the University using photographs and/or video recordings of my participation for official and promotional purposes.
9. I understand that any violation of the rules or this Undertaking may result in my immediate disqualification from the event.

I sign this Undertaking with full understanding of its contents and consequences.

Name: _____ Enrolment No.: _____

Programme/Section: _____ Contact No.: _____

Parent/Guardian Contact (if applicable): _____

Date: _____ Place: Greater Noida

Signature of Participant: _____

For Office Use Only

Received by: _____ Designation: _____ Date: _____