

<http://mallakhambfederationofindia.com/>

<http://project.mallakhambfederationofindia.in/>

<http://project.mallakhambfederationofindia.in/admin>

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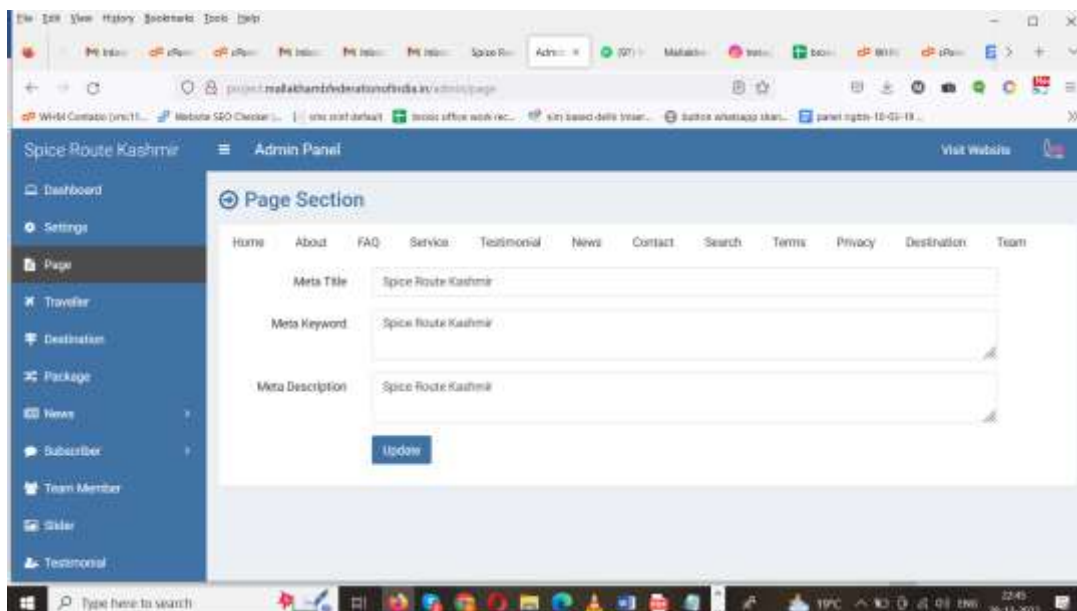
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Add page , update page and delete page . Delete page button will b show behind Update button.

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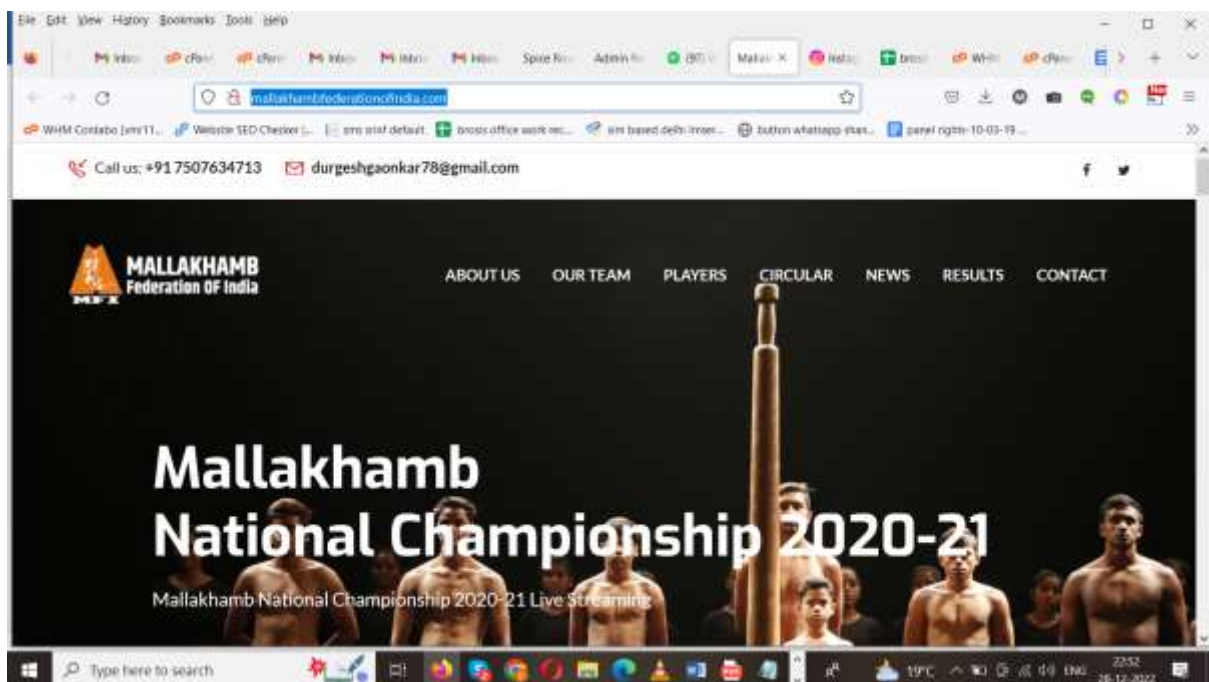
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ABOUT MFI

Mallakhamb Federation of India came into existence in 1981. A copy of the constitution is attached. It was duly registered in Ujjain (MP) on 7.6.84. It was first time recognised by Department of Sports, Govt. of India on 9.2.1996. Department of Sports gave another letter dt. 9.2.96 to the Federation, stating that the financial assistance will not be given to the Federation. Railway Board was started to grant Railway concession to the Mallakhamb players from 7.2.96.

The Federation is also recognised by IOA in 1999. As per the quadrennial elections, the office bearers are elected at the AGM of the Federation, for the period of 4 years.. There are 26 State Associations affiliated to this Federation.. There are 168 Life Members of the Federation. In spite of no financial assistance from the Central Govt., the Federation is successfully conducting its Annual National Mallakhamb Championships for last over 19 years in different states. MFI is also conducting Annual National Judging Examinations every year. So far there are 72 qualified national judges on the roll of the Federation. The accounts of the Federation are audited every year and are duly passed in the AGM.

ABOUT MALLAKHAMB

History of Mallakhamb

It originated in Maharashtra around 200 years ago. Guru Balambhattdada Deodhar is referred to as the founder of Mallakhamb. The earliest mention of Mallakhamb can be traced back to the 11th century in the form of sculpturer at Brihadeeswar temple built by Rajendra Chola, completed in 1035 AD. In the later period it is mentioned in the classic "MANASOLHAS" (1135 A.D.) For about seven centuries the art form remained dormant until it was given a new lease of life by BALAMBHATTDADA DEODHAR the renowned teacher of PESHWA BAJIRAO - II during the first half of the 19th century.

However, competitive Mallakhamb at the National level first made its appearance at the National Gymnastics Championships held at the Pahadganj Stadium, New Delhi, in the year 1958. It was here that the Gymnastic Federation of India proposed to recognize the game and included it in subsequent National Gymnastic Championships.

The first National Mallakhamb Championship was held at Gwalior, M.P. in the year 1962, at part of the National Gymnastics Championships. However, in the year 1968-69, the game was introduced in the All India Inter University Gymnastic Championships in an official competition of AIU New Delhi. They were continuously organized National Mallakhamb Championships by G.F.I. until 1976. In 1977, the game of Mallakhamb was disassociated from G.F.I. and recognized National Mallakhamb Championships were not held till 1980..

Mr. Rakesh & Mr. Rajesh Shrivastava, Dr. Bamshankar Joshi and some other Mallakhamb enthusiasts at Ujjain, Madhya Pradesh constituted an All India level Association on 21.11.1980, which was later called as the "Mallakhamb Federation of India" The first All India Invitational National Mallakhamb Championship was organized by this federation from 27th to 29th January 1981 at Ujjain, Madhya Pradesh.

The event brought in representatives from all over India, who participated in these Championships and together they officially formed the "Mallakhamb Federation of India" on 29th January 1981 to till year and date. Mallakhamb Federation was registered under society act on 07 January, 1984 at Ujjain (MP). Since then, the National Mallakhamb Championships are being organized by different State Associations Affiliated to this Federation.

First National School games in Mallakhamb was organized from 05-08 December, 2008 during National School Games Competition at Warananagar, Kohlapur (M.S.) in age group of U/19 years. First world Championship was held at Mumbai (India) from 16-17 February, 2019. First ESEB Mallakhamb Competition was held at HVPM, Amravati (M.S) from 19-20 December, 2019. The Mallakhamb was introduced first time during 3rd Khelo India Youth games-2020 at Gowhati (Assam) as a demonstration event.

Mr. Yogesh Malviya from Ujjain (M.P.) was awarded Dronacharya Award first time in the game of Mallakhamb in 2021 by President, GOI. The 4th Khelo India Youth Games (KIYG) was held first time in Mallakhamb from 08/06/2022 to 12/06/2022 Panchkula (Haryana). The competition on Pole Mallakhamb was held first time for U/18 Girls during 4th Khelo India Youth Games (KIYG) was held in Mallakhamb from 08/06/2022 to 12/06/2022. The Mallakhamb was first time organized at Ahmedabad (Gujrat) during 36th National Games from 07/10/2022 to 11/10/2022. The Khelo India University Games -2021 Mallakhamb was organized first time by Jain University, Bangalore (Karnataka) from 24/04/2022 to 03/05/2022.

Types of Mallakhamb

Mallakhamb competitions cover three varieties of Mallakhamb Apparatus i.e. 1. Pole Mallakhamb, 2. Hanging Mallakhamb, 3. Rope Mallakhamb-

Pole Mallakhamb -It is a vertical pole fixed in the ground. Generally teak wood or Sesame (a type of rose wood) is commonly used because of its physical properties such as toughness and soft surface. Castor oil is applied to its surface in order to reduce the friction and minimize the injuries. Generally it is 10 to 12 feet high above the ground level. It has got a diameter of 5 to 6 inches at the bottom and 1.5 to 2 inches at the top.

Hanging Mallakhamb -It is a small version of the fixed Mallakhamb and is generally used for balancing exercises. The wooden pole is suspended with the help of a hook and chain. The degree of difficulty while performing this exercise is due to its swinging and revolving motion. The body has to be kept very close to this Mallakhamb. It is hanged at the height of 3.5 to 4 feet above the ground.

Rope Mallakhamb -It is a different type of Mallakhamb from those mentioned above and is a modernized version of the cane Mallakhamb. The structural difference between the above 2 and the Rope Mallakhamb is noteworthy. The Rope Mallakhamb is an answer to the modern day problems like space and transportation. Various Yogic and Gymnastic positions are performed gracefully on the rope Mallakhamb and that too without tying literal knots to the rope.

CONSTITUTION OF MFI

Attached

MFI ADHERE TO SPORTS CODE

Compliance to anti-doping

The Mallakhamb Federation of India is committed to keep Indian Traditional game of Mallakhamb free from doping and will enforce the applicable anti-doping rules and policies including of WADA, NADA, and IOA in terms of provision contained in the Constitution of MFI.

Educating the people in general as to the value of Mallakhamb and to fight against any form of doping is one of the Objectives of the Mallakhamb Federation of India.

All Mallakhamb Players and coaches desirous of international participation are required to undergo and pass relevant courses on the WADA Anti-Doping e-Learning Platform.

Measures for prevention of age fraud

The Mallakhamb Federation of India is committed towards prevention of age fraud. There are predefined criteria concerning age of Mallakhamb Players for participation in national level events.

All the Mallakhamb Players participating in any championship or trial are required to produce duly completed and authorized Age Certificate / Aadhar Card (Photocopy verified by respective associations). No Mallakhamb Players are allowed to participate without proper age certificate.

Disciplinary action is taken against Mallakhamb Players if found to be producing incorrect or forged age certificate.

Citizenship criteria for selection of National Team

The Mallakhamb Federation of India is bound by and follows the rules of the MFI which are consistent to norm prescribed under the Sports Code.

Only Citizens of India holding a valid Passport issued by the Government of India are eligible to be registered as Mallakhamb Players for recognized International events and accordingly only such Mallakhamb Players are selected to the National Team subject to fulfillment of other applicable conditions.

Measures to prevent sexual harassment of women

The Mallakhamb Federation of India has provision for a dedicated committee named as Committee against Sexual Harassment

The said committee shall consist of up to 5 members, one of them being a Chairperson who must be a Woman.

The Committee discharges the following duties:

- a. To receive complaint/grievance on matters concerning sexual harassment
- b. Establish procedures, conduct a fair enquiry and submit report to the Executive Committee in a time bound manner to take appropriate disciplinary action in case of misconduct
- c. If the complaint amounts to a specific offence under Indian Penal Code or any other law, the Mallakhamb Federation of India will take steps to initiate appropriate legal proceedings in addition to disciplinary sanction.

RTI CELL

As the Mallakhamb Federation of India comes under the RTI Act since from 2017. RTI Cell has been set up to deal with the applications seeking information from the Mallakhamb Federation of India



Dr. Rajkumar Sharma

CPI, RTI Cell

Mallakhamb Federation of India.

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Shri.

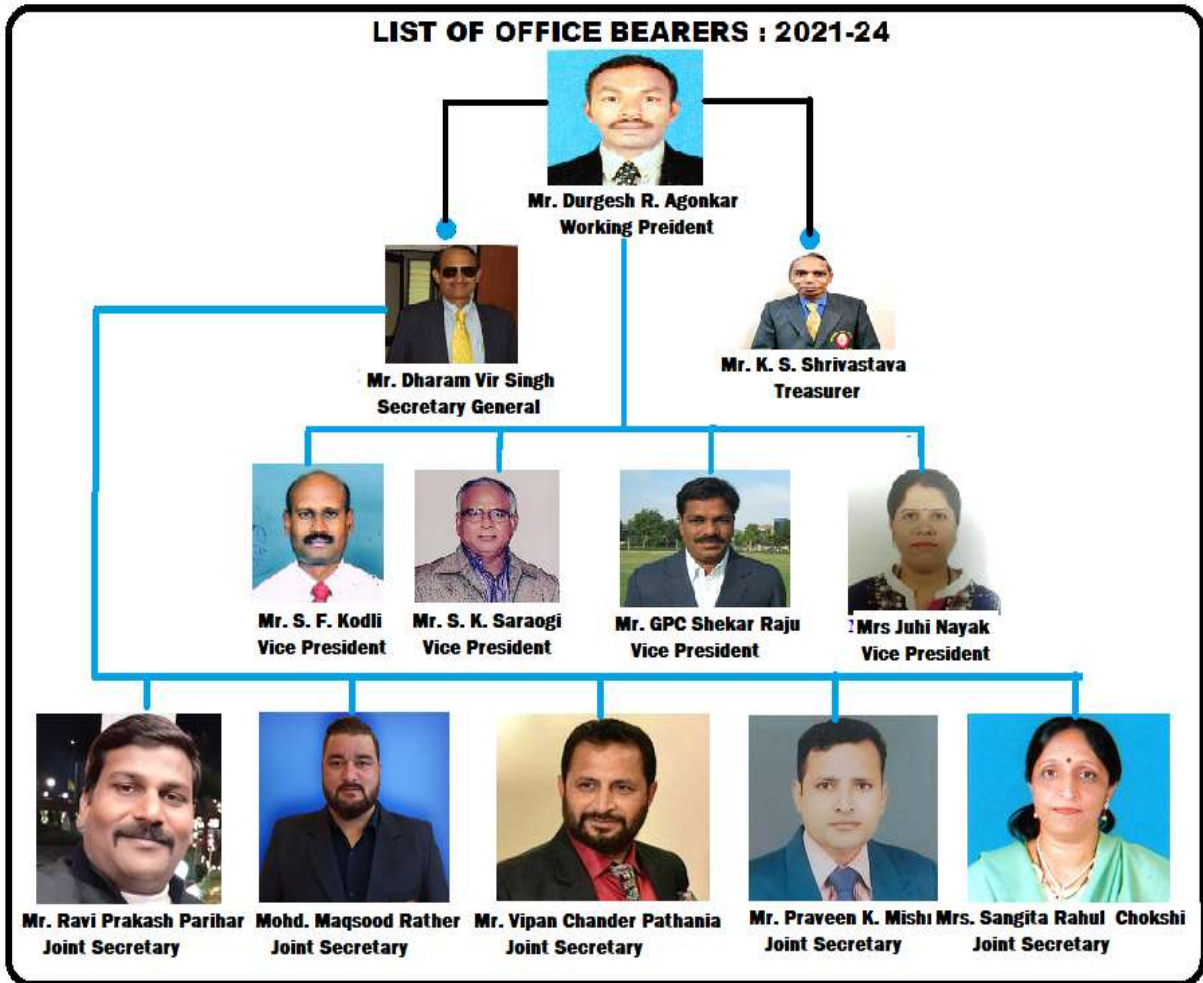
Appellate Authority, RTI Cell

Mallakhamb Federation of India

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Mob.: +91-.....

EXECUTIVE COMMITTEE



AFFILIATED STATE UNITS

PDF is Attached

MFI DOCUMENTS

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- (i) Pole Mallakhamb

- (ii) Hanging Mallakhamb

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(iv) Pyramids

EVENTS AND COMPETITION

1. EVENTS

1. Men Section

1. Apparatus Event Final for Men on Pole Malakhamb
2. Apparatus Event Final for Men on Hanging Mallakhamb
3. Apparatus Event Final for Men on Rope Mallakhamb
4. Team Event Final for Men-on Pole, Hanging & Rope Mallakhamb
5. All Round Individual Event Final for Men on combined Score on Pole, Hanging & Rope Mallakhamb

2. Women Section

1. Apparatus Event Final for Women on Pole Malakhamb
2. Apparatus Event Final for Women on Rope Mallakhamb
3. Team Event Final for Women on Pole, & Rope Mallakhamb
4. All Round Individual Event Final for Women on combined Score on Pole, Hanging & Rope Mallakhamb.

3. Pyramid -Men & Women Section

1. Pyramid Event for Men and women on Pole Mallakhamb
2. Pyramid Event for Men on Hanging Mallakhamb
3. Pyramid Event for Men and women on Rope Mallakhamb

2. COMPETITIONS

Four Competitions will be conducted in every Championship, as mentioned below---

(A) Competition No .I (Team Championship and Qualifying Round for competition II &III)

Team Championship will be decided from the Competition No. I. All the players from participating teams will have to participate in this competition and will perform optional set. The player who will secure an aggregate average of 60% or more marks in this competition, will be qualified to participate in the next competition, It will be on the discretion of Technical Committee who can bring down the 60% limit, if required.

To decide the Team Championship, participation of 03 complete teams having not less than 05 players in each team is compulsory. Out of six scores, best 05 scores of the players on each apparatus will be considered for team championship, Marks of the less than 5 players from a state unit will not be considered for calculating Team Championship. This competition will also considered as a Qualifying round apart from the Team Championship. .The table of apparatus and maximum points of best 05 players are as under:-

Sex	Age Group	Scores			
		Pole Event	Hanging Event	Rope Event	Total Score for TC
Boys/Men	U/12 Years	50	x	50	100
	U/14 Years	50	x	50	100
	U/18 Years	50	50	50	150
	A/18 Years	50	50	50	150
Girls/Women	U/12 Years	50	x	50	100
	U/14 Years	50	x	50	100
	U/16 Years	50	x	50	100
	A/16 Years	50	x	50	100

(B) Competition No. II : (All Round Individual Event Final)

This Competition decides the All Round Individual Championship collectively on all the apparatus in a particular age group.

From the total scores of all the two or three apparatus, best 18 players with qualifying minimum standard of 60% marks in aggregate from competition- I, will be qualify for competition II, subject to the maximum 02 players from the qualified affiliated state unit.

If the scores of the more than two competitors are from the same state team between Sr. No.1 to 18, then the base scores of Competition No. I on all the apparatus will be consider. If Base Scores is not possible, then decision will be made by picking up by a Chit.

(C) Competition No. III (Apparatus Championship)

This competition is to decide the Champion on each apparatus. The eight best players from Competition No. I on each apparatus, with qualifying standard of 60% score from competition-I on the respective apparatus for this competition, subject to not more than two players from one state unit, will be considered on the respective apparatus.

(D) Pyramid Competition :

This competition is conducted to enhance the team moral. Minimum 6 & maximum 12 players can participate in this competition. The competition is held on Pole Mallakhamb and Rope Mallakhamb for Men & Women respectively. A panel of 8

Judges from different State Units will evaluate the Performance. From the Eight Scores, Two highest and Two lowest scores are deleted and an average of the remaining four scores will be considered as the final score. The participants should be only form the State Team, additional players are not allowed.

AGE GROUPS , APPARATUS & COMPETITIONS

\Age Group	Pole Optional	Hanging Optional	Rope Optional	Competition No.		
				I	II	III
U/12 Years & U/14 Years Age Group Boys and Girls	√	x	√	√	√	√
U/16 Years & A/16 Years Age Group Girls	√	x	√	√	√	√
U/18 Years & A/18 Years Age Group Boys	√	√	√	√	√	√

Cut - off date for all the age groups will be 31st December every year. e.g. for the competition conducted in the 2021-2022, 31 December, 2021 will be considered as cut-off date for that year, irrespective of the month in which the competitions is held.

A player can choose to participate in his own age group or above age group. However, player may participate in one age group only. If the player prefers to participate in an above age group, he will not be able to participate in lower age group subsequently throughout his/her life.

For example- Competition for the year 2021-2022,

If a player is born on or before 31st December, 2008, he/she will be eligible to participate in Under 14 years age group.

If a player is born on or before 1st January 2009 or later, he/she will be eligible to participate in Under 12 years age group.

STRENGTH OF PLAYERS FOR COMPETITIONS

1. Official National Championships

S.No.	Sex	Under 12 Yr	Under 14 Yr	Under 18 Yr	Above 18 Yr	Total
1	Men	06	06	06	06	24
2	Women	06	06	06	06	24
3	Coaches (Men)	-	-	-	-	01
4	Coaches (Women)	-	-	-	-	01
5	Manager (Men)	-	-	-	-	01
6	Manager (Women)	-	-	-	-	01
7	General Manager	-	-	-	-	01
					Grand Total	53

2 National Games

There is no age limit for National Games organized by MFI under the auspices of India Olympic Association.

Men	Women	Coaches (Men)	Coaches (Women)	Manager (Men)	Total
06	06	01	01	01	15

If the State participates only in one section i.e either Men or Women ,the post of General Manager is not valid. If number of players are 16 or less the team will be accompanied by only one coach / manager, each male/ female team.

Manager / Coaches shall sit in the place provided for them and they should not instruct / obstruct the competitors and / or the officials, during the performance of their team. If they do so, a Judge or the Chief Judge will ask them to leave their place and to go in to the spectator's gallery.

3. Khelo India Youth Games

Under 18 years for boys and girls is compulsory for Khelo India Youth Games organized by MFI under the auspices of Sport Authority of India, New Delhi

Men	Women	Coaches (Men)	Coaches (Women)	Manager (Men)	Manager (Women)	General Manager	Total
06	06	01	01	01	01	01	17

RULES

COP MFI

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COP VMF

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RESOURCES

Awards and Honours

Dronacharya Award-2021 Arjuna Awards-2021

Arjuna Awards-2022





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[Career](#)

Athletes- Photo and Video

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MFI Meeting Minutes

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