

Rules & Regulations

Event	:	THANG-TA CHANGDAMNABA, 2026
Date	:	28th & 29th March, 2026
Venue	:	Sagolband Tera Loukrakpam Leikai, Imphal West, Manipur
Reporting Time	:	09:00 A.M.
Organised by	:	NEINASANG, Sagolband Tera Loukrakpam Leikai
Technical Assistance by	:	Thang-Ta Loisang, Sana Konung
Sponsored by	:	Sports Authority of India, STC Khuman Lampak, Imphal

Changdamnagadaba maongdi atenba matam (minute 5 to 7) kharagi manungda Thang-Ta gi oiba heisingba sing suna uttuna athoi ahel tanaba.

Utkadaba Singdi :-

1. Sajel Kanglon
2. Thang ani paibagi Lan-thang Thanghai
3. Ta Khousaba
4. Thang Chunggoi Marolgi Lan-thang Thanghai
5. Thanglon Thangyan Thangbi Yanbagi Paring
- * Pheejet / Khurumlon Thougallon

Hairiba Changdamnagadaba makhal manga (5) asi suna yaoraga mating leina minute 5 dagi 7 faobagi manungda awabagi saktam leitana Thang-Ta gi Changdamnaba asida athoi ahen tanagani. Changdamnaba asida Ahanba Anisuba tangkak ani leigani. Ahanba tankak maipaklaba Meena Anisuba Tangkakta changgani. Anisuba tangkaktadi Ahanbada utkhiba sing amuk hanjilna utpa yade ahenba manadaba mahei sing oina utkadabani. Masidagi makokthongba sing khangani. Changdamnaba asida saruk yagadaba singna 1. Kanglon Chumna Utpa, 2. Pheebam Pheedup Chumba, 3. Thangyan Thanghai Mayek Sengba, 4. Thangthin-Tathin Chumba, 5. Thangbi 8 (Nipan) dagi tadaba Thanglon Thangyan Lanthang-Ayanba Oigani, 6. Ta-Khousabagi Paring Kanglon Kaidana Phibam Chumna Utkadabani, 7. Sajel Kanglon utpada kanglon makhal 3 (Ahum) dagi taba yade, 8. Mating Leina Khangba kanba oigadabani, 9. Khutlai thengnabada makhol thokhaldaba, 10. Setliba Pheemu pheejet komakpa tarakpa yadaba amadi loina loinana Thang-Ta Pheejet suna setkadabani, 11. Khutlaidi (Thang-Ta) yotnasaba oigadabani Chung-Chunggoi na Sawun na saba oigadabani. Hairiba sing asi ngaktaba amadi ngakpa ngamdaba sing mark suna phangoi. Maram asina kanglon sing asi ngakpa ngambana athoiba oigani.

1. Eligibility Criteria

1. The event is **Open for Men & Women**.
2. Separate competition for Male and Female participants.

2. Types of equipment and Dress code

1. Thang, Ta, Chung & Chunggoi. 2, Pheemu Pheijom, Kokyet, Phurit, Khudangyai Khubomyai & Kha-on phee (optional)

3. Registration & Documentation

1. Registration is **FREE (No Registration Fee)**.
2. Registration shall be completed either **offline & online** through the official Google Application form.
3. The **last date of registration is 4:00 pm of 25th March 2026**.

All participants, after submission of the duly filled form, are required to register on the FIT India Mobile App, available on the Google Play Store and the iOS App Store, for promotional and participation purposes. Participants must present proof of registration on the FIT India Mobile App to the Organising Committee.

Mandatory Uploads:

- Participants must upload the following documents during registration:
 - Aadhaar Card
 - Passport Size Photograph
- Incomplete applications or failure to submit required documents shall result in rejection of the application.

4. Medical Fitness & Liability

- Participants must confirm they are physically and medically fit.
- The organizers shall not be held responsible for any injury and damage of equipment.

5. Declaration

All participants must agree to the official declaration stating that:

- Information provided is true and correct.
- They agree to follow all rules, regulations, and safety guidelines.
- They voluntarily agree to participate at their own risk.

6. Prizes (For Each Category)

- 1st Prize : ₹ 20,000/-
- 2nd Prize : ₹ 15,000/-
- 3rd Prize : ₹ 10,000/-

7. General Provisions

1. The decision of the Organizing Committee shall be final and binding.
2. In case of any dispute, the decision of the committee will be final.
3. The Committee reserves the right to modify rules if required.
4. Participants must report at the venue on time. Late arrivals shall not be permitted under any circumstances.
5. Maintaining discipline and sportsmanship is mandatory.
6. Cleanliness at venue is strictly to be maintained.

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