

Game/Challenge Details:

No	Name of the Game	Playing format	Max. No. players	Duration / format of competition	Max. No. of teams
1	Football	7 A side	10	15 min. without break	8
2	Volleyball	6 A side	10	Best of 3 with 15 points	4
3	Basketball	5 A side	10	10 min. two halves with a 5 min. break	4
4	Tug-of-War	7 A side	10	All matches will be decided by best of one, except final, as the final will be decided by best of three.	14
5	Push-ups	1 person from each company	1	3 Rounds	14

Challenge Rewards:

No	Sport Teams	Winners Team	Runners up Team	Max. No. of teams
1	Football	Cup for Team Gold Medals for Players	Silver Medals for Players	8
2	Volleyball	Cup for Team Gold Medals for Players	Silver Medals for Players	4
3	Basketball	Cup for Team Gold Medals for Players	Silver Medals for Players	4
4	Tug of War	Cup for Team Gold Medals for Players	Silver Medals for Players	14
5	Push-ups	Gold Medals for 1st	Silver Medals for 2nd	14