

SibFU celebrates International University Sports Day

Event date: 18 september 2022, 11:00-17:00

Event place: ул. Е. Стасовой, 69Л

On 18 September 2022, Siberian Federal University will celebrate the International University Sports Day. Both SibFU students and students from other Krasnoyarsk Universities will take part in the event. The celebration will take place at "Raduga" sports complex.



The program includes table tennis, chess, arm-wrestling, tug-of-war, streetball and other competitions. Participants will also have the opportunity to take GTO (eng: Ready for Labour and Defence) standards test and take part in a sports quiz.

On the day at 14:00 the running race will start. Follow the [link](#) to register for the 5 km GREAT RUN. Please mind that during the running race, from 13:00 to 17:00, the technical road between Sopka and Raduga will be closed.

The program

10:00 – 10:55 Registration for GTO standards test

Interactive sites:

- golf;
- beach volleyball;
- boxing;
- curling, including for people with special needs;

- 11:00**
- rugby;
 - cyber sport (room 4-32);
 - knife-throwing;
 - mini table tennis;
 - football;
 - Japanese national games.

11:00 GTO standards test

11:40 Opening ceremony and awarding for the Regional Games

Start of the competitions:

- 12:00**
- table tennis (room 4-31);
 - chess (2 floor hall);
 - arm wrestling;
 - track-and-field;
 - tug-of-war;
 - basketball 3*3;
 - "Russia is a Sporting Nation" quiz.

14:10 Welcome ceremony for the running race participants

14:15 Warming up before the running race

14:30 Start of the "Great Run"

About the sites:

Football: the players are to score a ball into the mini goalposts placed on the perimeter.

Golf: the players are to hit all 4 holes of the 15-metre-long course in the shortest possible time. In total 3 courses.

Beach volleyball (onsite pre-registration is required): two teams of two players play in a circle. First goes a series of group-stage games, then play-offs. Duration of the match is up to 21 scores; change of courts every 7 scores. Each team can ask for a time-out for 30 seconds once per game.

Boxing: the fighters will be able to go through the whole training process under the guidance of a trainer: from warm-up with a boxing pad to shadow fighting.

Curling: for everyone, including people with special needs. The players will learn the rules of the game, equip themselves with a special broom, and will have a chance to slide stones into the house target on their own.

Rugby: participants will have to shoot a rugby ball into two kinds of gates: one with their hands, the other with their feet.

Cyber sport: will take place indoors (room 4-32). The gamers will be seated in comfortable pouffee chairs and provided with gamepads.

Knife throwing: the task is to hit the centre of the target as close as possible in 3 attempts.

Japanese games: from SibFU Japanese Centre: yo-yo, darumas, kendamas, beigoma. The rules will be explained right on the spot.

Table tennis: in teams of 3. The games are played up to 3 team points. Matches are played in 3 games.

Chess: in teams of 3. One game lasts 10 minutes.

Arm wrestling: among men in accordance with the rules of the sport arm wrestling approved by the Ministry of Sport of the Russian Federation.

Track-and-field athletics: the competition program includes distances of 1, 2 and 4 km.

Tug of war: in teams of 4 men and 4 women. Each match consists of two pull sessions. Rest time between bouts is 2 minutes.

Basketball 3x3: it is a team competition, held separately for men's and women's teams. The match duration is 10 minutes or up to 16 points.

"Russia is a Sporting Nation" Quiz: is held in the form of written answers to questions (choosing the right answer from the proposed answer options), the list of which is given to team captains.

Topic of the quiz:

- international sporting events on the territory of the Russian Federation;
- the stars of Russian sport.

University Sports Federation (FISU) on the initiative of the Russian Students Sports Union (RSSU), the event will be held for the fifth time this year with the support of the Ministry of Sport of the Russian Federation.

[SibFU Press Office](#), 16 september 2022

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