APPROVED
President of the Lithuanian Students' sport association
By order No. V-2026-10 of 12 October 2026

REGULATIONS OF THE 2026 LITHUANIAN STUDENTS' SPORTS FESTIVAL

Organizers: Lithuanian students' sport association.
Partners: Lithuanian Sports university, Lithuanian Olympic academy, Lithuanian Rowing and Modern Pentathlon Federations.
Date and time: 2026 21 of November participants arrival, registration until 11:00 a.m., event start 11:30 a.m
Place: LSU Aleksas Stanislovaitis Athletics Indoor Arena, Aušros St. 42, Kaunas.

The festival is free. The first 200 participants will receive a festival T-shirt and vitamin water from the main sponsor, "hohes C".

Participants:
- ✓ Students of Lithuanian higher education institutions;
- ✓ Students of vocational training institutions;
- ✓ Gymnasium students in grades 9–12;
- ✓ Staff members and coaches of higher education institutions, vocational education and training institutions, and general education schools;
- ✓ Graduates.

Registration until 19 of November 17:00. Registration can be done in two ways – by contacting your higher education institution, gymnasium, or vocational training institution, or – https://bit.ly/4k2wTvP

Contact person: Eglė Žibinskaitė studentusportas@gmail.com, +37061043776

Additional information:
- ✓ There is no age limit for festival participants.
- ✓ Each participant is personally responsible for their own health condition and fitness to take part in the event.
- ✓ Photos and video recordings will be taken during the event.
- ✓ The festival participant agrees that photos, video recordings, and results captured during the event may be used for the purposes of promoting LSSA activities and publicizing the event.
- ✓ The organizers reserve the right to amend the event program or individual provisions of these regulations, if necessary.

Goal: To promote physical activity, a sense of community, and participation in sports activities through the Lithuanian Students' Sports Festival.

Objectives:
- ✓ To provide students, school pupils, graduates, and staff members with opportunities to participate in various sports and active leisure activities.
- ✓ To strengthen cooperation, a sense of community, and connections between different educational institutions.
- ✓ To increase participants' engagement in sports and physical activity.

Determination of winners:
Participants earn points for the educational institution they represent. The main evaluation criterion is participation numbers (1 participant = 1 point).
In individual competitions, points are awarded for prize-winning places: 1st place – 9 points, 2nd place – 6 points, 3rd place – 3 points.
In team competitions, points are awarded for prize-winning places: 1st place – 12 points, 2nd place – 8 points, 3rd place – 4 points.

Awards:
Winners and prize-winners are awarded medals and sports prizes. Educational institutions that take first, second, and third place in the overall festival standings are awarded trophies. If two or more teams achieve the same number of first, second, or third places, the winner is determined based on the higher number of prize-winning places. If these criteria are also equal, points are calculated based on the number of participants (participation numbers).

EVENTS REGULATIONS

1. „ACTIVE QUIZ COMPETITION “

A team consists of 6 members (3 women and 3 men). Each educational institution may register up to 2 teams. All teams receive the same questions.

- Each team draws a number at random, which serves as the team's name throughout the entire game. Each team is allowed to take only one envelope at a time, and only the envelope marked with their team's number. Example: All teams gather in one place (the starting point). One team member completes the specified sports task and takes the envelope marked with their team's number. After taking the envelope, they return to their teammates by running or walking at a normal pace. Once back, the team solves the task. After solving it, one team member takes the answer and completes the obstacle course, places the answer together with the envelope in the designated area marked for their team, takes the next envelope containing a question, and returns to the team. The team solves the task, then another team member completes the obstacle course with the answer and the new question, returns to the team, and so on until all tasks have been completed.
- The team finishes when it submits the final solved logic task.
- The winning team is the one that scores the most points. Points are awarded for speed (finishing position) and correctly solved logic tasks.
- Points scoring system: 1st place – 10 points, 2nd place – 9 points, 3rd place – 8 points, and so on (depending on the number of registered teams). One additional point is awarded for each correctly answered question. This means that the team finishing in 1st place receives 10 points, plus additional points for correct answers (up to 9, 8, 7, etc.).
- If teams achieve the same number of points (e.g. one team finishes first but gives one incorrect answer, while the second team finishes second but answers all questions correctly), the winning team is the one that has provided more correct answers.

2. “TEAM TIC-TAC-TOE”

A team game consisting of three players.

- A 3×3 grid is drawn, or a wooden game board is provided.
- Two teams play simultaneously.
- One team marks the squares with X (crosses or colored cones), while the other team uses O (noughts or colored cones).
- One player from each team runs to the board with a marker, places it in a square, and runs back to the starting point. Then the second player runs, places their marker, and returns to the starting point. After the third players return to the starting point, the first player runs again without a marker and may only move one of their team's existing markers to another square. The order of players within each team must remain unchanged. The winning team is the first to complete a full row, column, or diagonal with its symbols.
- Teams are given a maximum of 3 minutes to complete the game. The competition is played using either a single-elimination or double-elimination format, depending on the number of participants.

3. AIRPLANE RACES

A team game consisting of six players.

- A team competition involving 6 players per team. Two teams compete simultaneously.
- Team members move along the course using a mini "Boeing" aircraft.
- The team's task is to complete the course as quickly as possible, going back and forth, and hit the target 3 times. Only after hitting the target may a player return and collect the next rocket.
- Each team's result is determined by the total time taken to complete the competition.
- Team rankings are determined by time, from the fastest to the slowest team.

4. CATCH ME IF YOU CAN

Competitions are individual. Women and men are awarded separately.

- Each participant is given 2 attempts. One attempt consists of 10 sticks. A total of 20 sticks.
- The participant tries to catch as many falling sticks as possible.
- Each successfully caught stick (touching does not count) earns 1 point.
- The participant who catches the most sticks achieves the highest ranking. If two or more participants achieve the same highest number of caught sticks, an additional tiebreaker round of 1 attempt (10 sticks) is held.

5. HORSESHOE THROWING

Competitions are individual. Women and men are awarded separately.

- The throwing distance to the stake is 5 meters. Each participant is allowed to have one practice throw and three scored throws.
- The horseshoe encircles the iron stake – 5 points; the horseshoe touches the iron stake – 3 points; the horseshoe lands within one horseshoe's length of the stake – 2 points.
- The total score is calculated after the three scored throws. If the total scores are equal, the winner is determined based on the first criterion, and, if necessary, the second and third criteria.

6. „CONCEPTO“ COMPETITION

Competitions are individual. Women and men are awarded separately.

- The competition takes place on a "Concept2" rowing machine.
- The task is to complete a 250-metre distance as quickly as possible.
- The time is recorded automatically on the rowing machine's display.
- The winner is the participant who completes the set distance in the shortest time.
- If several participants achieve the same result, the winner is the one with the higher maximum power output (W).

7. SKATEBOARD

Competitions are individual. Women and men are awarded separately.

- The participant's task is to stay on the moving skateboard platform for as long as possible without stepping off or losing balance.
- Only one participant competes at a time.
- At the start of the competition, the participant steps onto the skateboard platform.
- The participant's balancing time is recorded during the competition.
- The attempt ends when the participant steps off the platform, touches the ground, or loses balance.
- The participant who stays on the platform the longest achieves the highest ranking.
- If two or more participants achieve the same result, an additional attempt is held. The participant who achieves the better result in the additional attempt takes the higher place.

8. MODERN PENTHALON EVENT

Competitions are individual. Women and men are awarded separately.

- The participant must complete an inflatable obstacle course and run to the shooting area.
- Shooting is carried out using laser pistols.
- Participants must hit the target accurately five times. The number of shots is unlimited. The maximum shooting time per participant is 50 seconds.
- Distance to the target – approximately 5 meters.
- The winner is the participant who completes the competition in the shortest time.

9. MAIN SPONSOR „HOHES C“ GAME

Competitions are individual. Women and men are awarded separately.

- Only the participants (one girl and one boy) who hold the package for the longest time will be awarded.
- Participants are not divided into weight categories.
- Girls and boys hold packages of the same weight.
- The weight must be held with arms fully extended forward at shoulder height, while standing upright (legs and back straight).
- The judge hands the package to the participant, helps them prepare for the competition, and releases it after the judge's whistle.
- The time stops when the participant bends their arms or legs or starts leaning their back backwards.
- One warning is permitted.