30 OCT

31 OCT

1 NOV

BDC SPORTSFEST 10.0

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DEAR SIR/ MADAM,

Following the previous nine successful SportsFests organized by Beaconhouse Defence Campus Lahore, the A Level Sports Society of BDC invites you to the 10th edition of the annual event. Our aim this year is the same as always; meeting the expectations set out for us and providing our delegates with a memorable sports event and an experience they would never forget.

This three-day event scheduled to be held on the 30th 31st October to 1st November 2026 will be filled with healthy competition, ultimate sportsmanship and most importantly unwavering determination.

In addition to three days of exhilarating sports, we will also be hosting social events for our participants.

We promise to deliver to you an event the likes of which have never been seen before. We look forward to your school's participation.

Please follow us for updates on Instagram:

@bdcsportsfest10

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CODE OF CONDUCT

•PARTICIPANT TAGS

Participants are cautioned to wear their Delegate tags issued by Sportsfest 10.0 at all times. Any participant who has lost his/her tag must immediately report the matter to the management, upon which a new tag will be issued to the participant at a cost of Rs.500/- once their registration has been confirmed. The possession of a tag and School ID Card is necessary for entering and exiting the SportsFest venue. They can be checked at any time during the event

•DRESS CODE

Participants are requested to comply with the dress code with proper sports gear for every event category.

•EXPULSION FROM THE EVENT

The School administration and the Executive Council possesses the authority to expel any participant or team, school, group from the event at any time for failing to comply with any regulations and our Code of Conduct. Expulsions will commence with immediate effect upon their issuance, and all relevant event materials, such as participant tags will be confiscated.

A participant or team will be disqualified if they do not refrain from the following:

- Physical violence, use of foul language and misbehavior with BDC SportsFest management/administration or other participants.
- Damaging school property or entering any restricted area.
- Bringing any weapon/objectionable items to the venue including tasers, vapes etc.
- Using unfair means to gain an advantage over the other participants in an attempt to win a competition.
- Smoking/Vaping or use of alcohol or any other intoxicant at the venue.
- Portraying of violence, profanity, drug abuse and any other offensive material.
- Misusing or damaging any of the equipment provided by the management.

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•INTERPRETATION OF RULES

All determinations of outcomes pertaining to the Code of Conduct and its violation are in the hands of School Administration and the Executive Council.

•DRUGS AND CONTROLLED SUBSTANCES POLICY

Any misuse or abuse of drugs and controlled substances such as cigarettes, vapes and alcohol consumption discovered by the Executive Council/ School Administration will result in the immediate disqualification of the concerned participant, along with their team or school, from the event. The individual or group of individuals will be barred from entering the campus grounds. Participants will also be subjected to legal questioning.

•PHOTOGRAPHY AND VIDEO

AlL participants must sign the Waiver of Liability to consent to the Media Team's right to photograph and record videos throughout the duration of the event. The acquired material may be used for publications and/ or for promotional purposes.

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REGISTRATION GUIDELINES

PAYMENT PLAN

DELEGATION FEE : PKR 3500

ONE SPORT	1500 PKR
TWO SPORTS	1800 PKR
THREE SPORTS	2100 PKR

NOTE:

A delegate cannot participate in more than three sports.
For completion of the registration process:

- Fill out and submit the online registration form on our official sportsfest website: https:// www.bdcsportsfestg.com
- All delegates must thoroughly read out and agree to the terms and conditions of the waiver of liability and bring it along, signed.
- Once a confirmation is received from the school, the Head Delegate must come to the school and make complete payment in-person (cash) as well as submit the hard copy of the registration form (available on the website/instagram account) with complete details
- Bring along ORIGINAL School ID cards of all delegates. (No School
- ID= No Registration)
- Payment deadline to confirm registration:
- Friday , 23th October.

IMPORTANT:

1. Registration will only be complete once all the above mentioned steps have been followed.
2. The sportsfest team will not be responsible for any clashes, hence, it is important that delegates go through the schedule thoroughly before registering for any sport.
3. For currently enrolled O/A Level, Matric/F.Sc and equivalent IB level students only (age limit is 19 years).

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WAIVER OF LIABILITY

By signing this form, participants agree to abide by the event rules and regulations at all costs.
Please return this form signed by each delegate at the time of payment Participants who have not signed this form will not be permitted to enter or participate in BDC SportsFest 10.0 and will not be registered.

I, _____the undersigned participant form
_____ (school name)hereby affirm that I have read, consented to, and have fully understood the rules and regulations of this event.

- I also pledge to adhere to the laws of the city of Lahore and the Islamic Republic of Pakistan.
- I also declare that I will adhere to any other rules team SportsFest informs me of during the event, and respect the will of the Secretariat, Directorate, & Management and Beaconhouse Defence Campus administration's will and orders.
- I give my consent to be interviewed, photographed and recorded throughout the event, and am aware that the obtained material can be published and used for promotional purposes on associated SportsFest pages etc.
- I agree that I shall be expelled from the event with immediate effect upon the violation of any of the event rules and regulations.
- Refunds will not be granted to participants unable to attend the event due

to unforeseen circumstances, such as changes in travel plans or illnesses.

• I take full responsibility for my behavior on campus.

I agree that this contract is enforceable to the fullest extent of the law, and I am prepared for the consequences that any inappropriate behavior on my part will entail.

Participant Name: _____
Participant Signature:_____
Date:_____

SCHOOL STAMP

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CATEGORIES

1. Volley Ball (Girls and Boys) + (mixed)
2. Cricket Tape Ball
3. BasketBall
4. Futsal
5. Table Tennis (Singles & Doubles)
6. Badminton (Singles)
7. Throwball
8. Strong Man / Strong Woman
9. Snooker (Male)
10. Gaming
11. Chess
12. Arm Wrestling
13. Tug of War
14. Ludo
15. Dodge the Ball(Female)
16. Padel Tennis

Note:

All categories will have seperate teams for both girls and boys unless stated otherwise.

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VOLLEYBALL

RULES

- Maximum of 8 players per team
- Participants on the field during the match will be 6 players and 2 substitutes
- Teams can touch the ball up to 3 times before sending it over the net
- Crossing the line under the net awards a point to the opponent
- A player may not touch the ball twice in a row during a rally
- No attacks are allowed on the serve.
- Crossing the service line results in a point for the opponent
- At deuce, a team must win two consecutive points to secure the set
- Boys and girls' matches are best of 3 sets, each set of 15 points.
- These rules may be modified by event management based on situational requirements.



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VOLLEYBALL [MIXED]

RULES

- Maximum of 9 players per team
- 4 male players 2 female players 3 substitutes
- Teams can touch the ball up to 3 times before sending it over the net
- Crossing the line under the net awards a point to the opponent
- A player may not touch the ball twice in a row during a rally
- No attacks are allowed on the serve.
- Crossing the service line results in a point for the opponent
- At deuce, a team must win two consecutive points to secure the set
- Boys and girls' matches are best of 3 sets, each set of 15 points.
- These rules may be modified by event management based on situational requirements.

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CRICKET TAPE BALL

Personal restrictions:

- Each institution can send a maximum of 1 team each for boys and girls.
- Each team can have a maximum of 13 participants.
- Participants on the field during the match will be 11 with 2 substitutes.
- Equipment will be provided to the players (players can bring their own equipment too).
- Participants should be in a proper kit.

Format and Rules:

- 4 overs per match.
- 6 balls per over.
- Only one bowler is allowed to bowl 2 overs.
- All the other standard cricket rules will be applicable.
- If a team fails to show up within 15minutes after the allotted time of their match, ,a walkover would be given.

NOTE: Umpire decision will be final and non-challenge able

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BASKETBALL

Personal Restrictions:

- Each institution can send a maximum of 1 team for both boys and girls.
- Each team can have a maximum of 7 participants
- Participants on the field must be 5 with 2 substitutes
- Participants must be in proper kits.
- Nails should be cut short

Format and RULES:

- Matches will be held in the following order (15 minutes half for boys and 10-minute half for girls).
- Semi-final and final will have a total time of 40 minutes (four equal quarters; 10 minutes each).
- A 3-second rule has to be followed
- Matches shall be held on a knockout basis (through open draws if required. A player who commits 5 fouls in a match will be disqualified and he/she must be subbed within 30 seconds.
- If a team fails to show up within 15 minutes after the allotted time of their match, a walkover would be given.
- Each team will be given only 2 timeouts per match. In the SemiFinals and Finals, each team will be given 3 timeouts.
- The decision by the officials will be final and non-challenge able.

FUTSAL

Personal Restrictions:

- Each team can consist of 8 players (5 on the field, 3 substitutes).
- Rolling substitutes are allowed
- Each institute can send as many teams as they want.
- Participants should be in proper kits.

Format and RULES:

- Each half will be played for 7 minutes with a 2-minute break at half-time.
- Matches will be played on artificial turf therefore grippers/trainers should only be used (studs are not allowed).
- Teams are to be present at the court 10 minutes before their fixtures.
- All free kicks will be indirect, no direct free kicks are allowed
- No goal kicks are allowed the keeper starts the play by distributing the ball by hand.
- Overhead throws are not allowed by the keeper. Only underarm throws are allowed. If a keeper commits an overhead throw. An indirect freekick will be awarded to the other team
- A back pass is not allowed and will lead to an indirect free-kick given from where the keeper holds the ball
- sliding tackles are not allowed and will result in a foul given
- A draw will result in penalties (3 each).
- Matches will be held on a knockout basis.
- A walkover will be given if a team is 10 minutes late.
- Use of vulgar language during the match will result in a red card meaning the player would not be eligible to play the rest of the match. receiving 2 yellow cards will result in a timeout of 3 minutes for the player
- Decisions made by the officials will be final and failure to comply may result in disqualification
- no throw-ins instead, the ball is kicked back into play

The team captain has no special status or privileges but has a degree of responsibility for the behavior of the team.

NOTE: Misbehavior will not be tolerated and may lead to the team's expulsion from the competition.



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FUTSAL (FEMALE)

7 minutes periods and time-outs:

- Futsal matches comprise 2 periods each lasting 7 minutes of actual playing time. The clock is stopped each time the ball goes out of play and is restarted when the play is resumed.
- Teams are entitled to 1 minute of time-out in each period. A team that does not require a time-out in the first half is only entitled to 1-minute rest during the second half.

Unlimited substitutions:

- A match is played by two teams each consisting of not more than 5 players (a goalkeeper and 4 out fielders) and 3 substitutes.
- Substitutions may be made at any time.

Replacements and sent-off players:

In case of a yellow or red card, a substitute player may replace a sent-off player and enter the pitch two full minutes after the sending-off. They may however enter the pitch before two minutes have elapsed should their team concede a goal while a player is down.

The goal-keepers:

Goal-keepers have only 4 seconds to play the ball, with either their hand or feet and may not touch it deliberately without an opponent playing or touching it. Goalkeepers are also now free to play anywhere on the pitch and throw the ball beyond the halfway line, which was not previously permitted.

Accumulated fouls and penalty marks:

Accumulated fouls are those penalized with a direct free-kick or a penalty kick. If a team commits a sixth accumulated foul, the opposing side may take a subsequent free-kick.

Two more things:

Unlike an 11-side football, goals may not be scored directly from the kick-off, and no off-side.

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TABLE TENNIS
(SINGLES)

Personal Restrictions:

- Each institution can send a maximum of 6 participants for each boy and girl.
- Players should be in a proper kit.

Format and Rules:

- A game of best of 3 is played between two players and the final would be of 5.
- For each game, the first player to reach 11 points wins the game.
- The ball must be struck after a single bounce on your side of the table.
- The return must clear the net and land on the opponent's side.
- A point is awarded if the opponent fails to make a legal return, for example, if they miss the ball, it doesn't clear the net, or it lands outside the boundaries of the table.
- The edges of the horizontal surface are part of the legal table surface, but not the vertical sides.
- However, if a game reaches a point of 10-10, In that case, each player gets only one serve and It alternates until one of the players gets a two-point lead.
- After each game, the players switch sides of the table.
- The ball must rest on an open hand palm, and then it must be tossed up at least 6 inches high and struck so that it bounces on the servers side and then over the net, and lands in the receiver's half diagonally.
- A serve that touches the net on the way over is a "LET" and will be done again.
- Touching the ball with your paddle hand is allowed.
- Players take turns serving every 2 points.
- Touching the table with your non-paddle hand is not allowed.
- Volleys are not allowed (hitting the ball before it bounces on the side of your table).
- If a participant fails to show up within 15 minutes after the allotted time of his or her match, a walkover would be given.

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TABLE TENNIS
(DOUBLES)

Format and Rules:

- Players must alternate turns in hitting the ball. For example, if Player A serves to Player C, the next hit must be made by Player B, then Player D, and so on.
- The server serves diagonally from the right-hand side of their court to the opponent's right-hand side (across the net).
- The serving pair alternates the server every two points. The pair receiving the serve must also switch positions to alternate who receives the serve. After each team has served for two points, the serve switches to the other team.
- The ball must rest on an open hand palm, and then it must be tossed up at least 6 inches high and struck so that it bounces on the servers side and then over the net, and lands in the receiver's.
- A game of 1 set is played and the final would be of 3 sets If the score is tied at 10-10, the game goes into "deuce, " and the service alternates after each point until one team wins by two points.
- If the ball touches the net during the serve but lands in the correct service box, it is a "let" and the serve is replayed.
- If the ball does not land in the correct service box, or the server serves into the net, it is a fault and the point goes to the receiving team.
- Touching the table with your non-paddle hand is not allowed.
- Volleys are not allowed (hitting the ball before it bounces on the side of your table).
- If a participant fails to show up within 15 minutes after the allotted time of his or her match, a walkover would be given.

NOTE: Decisions made by the officials would be final and non-challengeable. Misbehaviour will not be tolerated and may lead to the team's expulsion from the competition.

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BADMINTON
(SINGLES)

Personal Restrictions:

- Each institution can send a maximum of 4 players each for boys and girls.
- Participants should be in a proper kit.

Format and RULES:

- Toss winner will be granted the first serve.
- In the early rounds, there will be one game consisting of 10 points.
- The semi-final and final round will be contested as a best of 3 consisting of 21 points.
- Standard badminton rules will be observed during the match.
- However, rules will be briefed at the start of the match.
- Matches will be based on knockout system.
- The decision of judges shall be final and binding on the participants.
- If anyone fails to show up 10 minutes after the allotted time of his/her match, a walkover would be given

Note: Decisions made by the officials will be final and non-challengeable.

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THROWBALL

Format and RULES:

- Each team must comprise 7 players (6 playing and 1 substitute).
- Each institution can send as many teams as they please.
- Participants should be in a proper kit.
- A match will be of 3 sets, 15 points each.
- A toss will decide which team picks their side of the court.
- The team that scores serve the ball.
- Players must catch the ball with both hands and throw it with one hand.
- A player cannot jump while serving the ball.
- A player cannot jump while throwing the ball.
- A player cannot jump while catching the ball.
- Double jump while catching the ball is not allowed.
- A player should serve within 5 seconds after the referee whistles.
- Any fumble, body touch and double touch is a foul.
- 360 turn after a catch is a foul.
- At 14-14, a team must score a further 2 consecutive points to win the set.

Note: The decision of the referee shall be final and binding to the participants. Misbehaviour will not be tolerated and may lead to the team's expulsion from the competition.

STRONGMAN/WOMAN COMPETITION

Event Format:

Participants may choose to perform either the Bench Press or the Deadlift. Each participant will have three attempts to successfully complete a lift with proper form. If a participant fails all three attempts, they will be disqualified.

Men's Categories:	Women's Categories:
• Below 75 kg	• Below 60 kg
• Above 75 kg	• Above 60 kg

Note: The winner in each category will be determined based on the maximum successfully lifted weight

Bench Press Rules:

- Each participant will be given three attempts for the Bench Press.
- For a lift to count, the barbell must touch the chest before being pressed back up.
- If the barbell does not make contact with the chest, the attempt will be considered failed.
- The lifter's shoulders and hips must remain in contact with the bench throughout the lift.
- Feet must remain flat on the ground during the entire movement.
- A slight arch in the back is allowed; however, ankles must not be lifted while performing the lift.

Deadlift Rules:

- Each participant will be given three attempts for the Deadlift.
- Only conventional stance is allowed.
- Lifting straps are allowed.
- Lever and prong belts are permitted (participants must bring their own belts).
- For a successful lift, the barbell must be lifted to full lockout and released only on the judge's command.
- If the lifter fails to follow the command, the attempt will be counted as failed.
- The judge's decision is final and cannot be challenged.



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STRONGMAN/WOMAN COMPETITION [CONTINUED]

Endurance Test:

- Participants must complete the following circuit:
- 20 Sit-ups
- 20 Push-ups
- 10 Burpees
- 1-minute Plank
- 15 Squats

Note: The participant who completes the entire circuit in the shortest time will be declared the winner. Each participant will be given only one attempt.

SNOOKER

Personal Restrictions

- Each institution can send a maximum of 6 participants.

Format and Rules:

- 6-ball frame.
- 15 minutes per match.
- After the given time, the team with the higher points will be declared the winner.
- No free balls allowed.
- Flukes are on.
- Gloves are not allowed.
- You have to bring your own cue.
- The matches will be 1 on 1.
- The Final will be the best of the three.
- International rules will be followed.
- Players can admit their defeat early.
- If a participant fails to show up within 15 minutes after the allotted time of his/her match, a walkover would be given.

NOTE: Decisions made by the officials will be final and cannot be challenged.

GAMING

Personal Restrictions:

• Each institution can send a maximum of 6 participants for each boy and girl.

Format and Rules:

- If a team fails to show up within 15 minutes after the allotted time of their match, a walkover would be given
- Decisions made by the officials would be final and cannot be challenged.

GAMES:

1. CALL OF DUTY BLACK OPS 3

- 1 v 1
- First round will be Nuke-town (first to 10)
- Second round will be Search and Destroy (best of 5)
- Final game will be Gun-Game
- Scorestreaks not allowed.
- Spcialist not allowed.

Weapon restrictions:

- DLC
- Shotguns
- LMGS
- Melee
- Launchers
- Pistols

Other restrictions:

***Attachments Restriction*:**

1. High caliber
2. Rapid fire
3. High Explosive
4. Laser Sight
5. Max Load
6. Rocket Cache

***Wildcard Restrictions*:**

1. Secondary Gunfighter
2. Tactician

***Perk Restriction*:**

- Sixth Sense
- Tracker
- Awareness

NOTE:

Misbehavior will not be tolerated and may lead to the expulsion of 'TEAM' from the competition. Players must keep a friendly atmosphere and enjoy the competition.



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GAMING

TEKKEN 7

- Only 1 v 1 battle.
- The default attires of each fighter must be chosen.
- Each battle would be 3 rounds.
- No rematches.
- Time limit of each battle is 90 seconds
- No pause during the battles
- Custom controller layout allowed
- The stage must be randomized
- DLC characters will not be allowed
- No assists allowed

FIFA (EA FC 26)

- 4-minute half-length (6-minute half-length for final).
- 1 minute for team management (Only allowed for Semifinals and finals)
- Custom formation and custom tactics are not allowed.
- No pauses during the play
- Injuries off
- Manual keeping is off
- Camera default (unless agreed to be changed by both players)
- Game speed: fast
- Handballs off
- Difference of 3 goals in any point in the match will result in immediate defeat for the trailing player (only for semi-finals).
- Draw will result in penalty shootout
- Player instructions not allowed.

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CHESS

Touch move:

• If a player touches one of their own pieces, then he must move that piece IF it is a legal move

Timings and Clock:

- Both players will have the same amount of time on their clock
- If a player runs out of time, their opponent wins
- Players must either bring their own chess clocks or have a chess clock app ready on their phones

Illegal Moves:

- If a player makes an illegal move and presses the clock then they shall be disqualified if the move is pointed by either the arbiter or the opponent.
- If an illegal move is made and the opponent is not able to see this and makes their move, they shall continue the match as normal.

Draw:

A chess game may end in a draw under these circumstances:

- Both players agree on a draw
- The match ends in stalemate
- The same position is repeated three times

In the event of a draw, both players must play 3-minute (+2 increment) blitz games until there's a winner

Total Match Time - 15 minutes

Time increment - 3 Sec

- Knockout System will be followed
- Players cannot leave their seats once the match starts or they will face disqualification
- Third party involvement will lead to disqualification
- Players will be disqualified if they fail to report 15 mins aft the designated time
- En passant is NOT valid in this tournament



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ARM WRESTLING

Weight categories:
Boys: free weight, under 75 kg
Girls: free weight, under 65 kg

General Rules:

- The format will be best of 3.
- The referee's call will start the game.
- Grip would be taken after the elbows have touched the mat and the referee is supposed to close the hands to form a fair grip.
- Tensing ur wrist or applying pressure before the hands are completely closed is counted as a warning. 3 warnings will lead to disqualification
- At all times, one foot must be on the ground
- At all times, the non-competing hand must be in contact with the peg.
- Bring the opponent's wrist or fingertips to the pin pad in order to win.
- The referee has the authority to end the match at any time in the event of equipment failure. Prior fouls will remain in effect as the game restarts.

- Participants must stand with shoulders squared, competitive elbow on elbow pad, and open hand visible.
- Refress will inform the rules before the game begins.

Running Foul System:

- Fouls will be called during the match, but you are not permitted to pause unless the referee directs you to..
- A foul is committed if a player's body touches a competing hand.
- Elbow losing contact with the elbow pad will result in a foul.
- Intentional slip while losing is a foul.
- False start is a warning.
- 2 warnings is equals to 1 foul.
- 2 fouls equal to disqualification.

NOTE: The referee's decision cannot be questioned and is final. Any use of foul language or aggressive behavior could lead to a warning. Being respectful is key.

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LUDO

Rules and regulations

- Turns are taken by the players in throwing the dice, the person with the highest roll goes first.
- The game will be played with 2 pieces instead of the regular 4.
- To Start: A player must roll six (6) to move their piece from the base to the start position.
- Rules regarding Sixes (6):
- Rolling a six makes a player eligible for another roll of the dice after his/her move.
- Rolling a six three times in a row in one turn will nullify that turn and the game move to the next player.
- A turn can only be replayed if the dice get stuck on the board or it happens to fall of.
- The first player to complete the passage of all 2 of their pieces to their home wins.
- After a player has won, the remaining players will continue the game to decide the Runner-Up.

DODGE THE BALL

(Female Only)

Rules and Regulations

- Each team will consist of 8 playing players.
- Each team will have 10 minutes to get maximum hits.
- One catch direct will get one Life or a +1 point.
- Teams may choose the team member who is to make use of the gained life.
- If the player cuts the line while throwing the ball, the other team gets a point or can be used to bring a player back in.
- A player will be eliminated in case of the following scenarios:
- Being hit by the ball.
- Dropping an attempting catch.
- Catching the ball after it hits the ground
- The team that takes the least amount of time to eliminate all members of the opponent team will win.



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TUG OF WAR

Rules:

- Each team will consist of 8 members.
- Each team can consist of either only boys and only girls.
- Each match will be a best of three.
- International tug-of-war rules will be followed.
- The decision of the referee will be final.
- Female teams will compete with female teams only.
- Male teams will compete with male teams only.
- Touching the ground for a long period of time will be considered as a foul
- Lowering your elbow below the knee level will be given a foul.

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PADEL TENNIS

Format:

- Matches will be played in doubles (2v2).
- The tournament will follow a knockout format (single elimination).
- Regular matches: Best of 3 games (first to win 2).
- Semi-finals & Final: Best of 5 games (first to win 3).
- Each game follows standard padel scoring (15, 30, 40, game.
- No-ad scoring applies (at deuce, one deciding point).
- Serve alternates every game.

Rules & Regulations:

Serving

- The serve must be executed underarm, bouncing the ball behind the service line before hitting it.
- The ball must bounce in the opponent's service box diagonally.
- Two serves are allowed, with the second serve being fault-free.

Rally and Volleys

- Players can hit the ball after it bounces on the court or volley it before it bounces. except on the return of serve.
- The ball must bounce on the opponent's side before hitting a wall.

Faults and Violations

- Common faults include:
- Foot Faults: Stepping over the service line before hitting the ball.
- Second Serve Fault: If the second serve is also a fault, the receiving team wins the point.
- Ball Bouncing Twice: If the ball bounces twice before being returned.
- Hitting the Fence: If the ball hits the fence directly without bouncing on the court.

NOTE:

- Teams must arrive 10 minutes before their match.
- Late arrival (10+ mins) = automatic walkover.
- Players must bring their own rackets and proper non-marking shoes.
- Balls will be provided by the organizers.
- Umpire/referee decisions are final.
- No substitutions once the tournament begins.
- Any unsportsmanlike behavior or arguments may result in disqualification.

NOTE: RESPECT YOUR OPPONENTS, THE UMPIRE, AND THE COURT AT ALL TIMES.

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30 OCT

31 OCT

1 NOV

BDC SPORTSFEST 10.0



EVENT HEADS

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