

# BOLT SPORTSFEST



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DEAR SIR/MADAM,

IT GIVES US GREAT PLEASURE TO INVITE YOUR INSTITUTION TO PARTICIPATE IN BOLT SPORTS FEST (BSF), A PREMIER INTER-INSTITUTIONAL SPORTS EVENT, SCHEDULED FOR THE 26TH TO 30TH OF DECEMBER 2025.

BSF IS NOT JUST A SPORTS EVENT; IT IS PAKISTAN'S BIGGEST SPORTS FEST, DRAWING AN EXPECTED PARTICIPATION OF 5000+ STUDENTS. WE ARE ALSO HONORED TO ANNOUNCE THAT CRICKET STAR SAHIBZADA FARHAAN AND OLYMPIC ATHLETE ARSHAD NADEEM WILL BE GRACING THE EVENT AS OUR ESTEEMED CHIEF GUESTS.

THIS GRAND EVENT IS DESIGNED TO BRING TOGETHER STUDENTS OF DIFFERENT AGE CATEGORIES AND BOTH GENDERS, PROVIDING THEM WITH AN EXCITING PLATFORM TO CELEBRATE TEAMWORK, RESILIENCE, AND THE TRUE SPIRIT OF HEALTHY COMPETITION ON AN UNPRECEDENTED SCALE, ALL WHILE BEING INSPIRED BY NATIONAL HEROES.

WE WOULD BE HONORED TO HAVE YOUR STUDENTS JOIN US IN THIS DYNAMIC CELEBRATION OF YOUTH, SPORTS, AND EMPOWERMENT. WITH YOUR INSTITUTION'S PARTICIPATION, WE ARE CONFIDENT THIS EVENT WILL BE A TRULY MEMORABLE AND IMPACTFUL EXPERIENCE FOR ALL INVOLVED.

WARM REGARDS,

FOUNDER,  
FASIH QURESHI



# VENUE



ALIGARH CRICKET GROUND



K-21 PADEL COURT



DIVISIONAL PUBLIC SCHOOL



CRICKET CENTRE GROUND

ALL THESE LOCATIONS ARE IN THE PREMISIS  
OF MODEL TOWN, LAHORE

## MEDIA COVERAGE

- All News Channels will be covering the event
- Our own media team will be capturing the event 24/7
- All the captured moments will be available on the Insta page



## SOCIALS

HASAN  
RAHEEM



SHAHZAD  
SANTOO

DJ ARNEE





# REGISTRATION GUIDELINES

- Registration is to be done through portal
- Private delegations will participate in their own category and Institutes will be competing against institutes.
- There is no restriction on how many teams a school can send.
- A delegation must comprise of all teams from a single institution.
- Each team will have a Head Delegate/Chaperone who is in charge of registering the members of his or her team.
- Matches will be on knockout basis

# REGISTRATION FEE

## DELEGATE FEE

DELEGATION FEE	
ONE SPORT	PKR 3000
TWO SPORTS	PKR 2000
THREE SPORTS	PKR 2300
	PKR 2500

- SOCIALS ARE INCLUDED IN THESE DELEGATE FEE
- DELEGATION FEE IS TO BE PAID BY THE SCHOOL ADMIN





## DEDUCTION POLICY

This policy refers to the section of a specific numbers of points based on any offence carried out by delegate and/or team. Each delegate will have a total of 10 points at the beginning of the event, from which deductions will be upon offenses. These offences include :

Offence	Deduction points
Sexual harassment (verbal, physical, or otherwise) physical assault	8 points
Any sort of verbal harassment	5 points
Drugs/ cigarettes /vapes/ pods found with the delegate	5 points
Defamation of the event	2 points
Use of abusive language/ misbehavior with the management	2 points

## SAFETY AND SECURITY



- Police will be available
- Fully equiped Guards will be guarding the event
- Personalised Bouncers
- K9 Units
- Ambulances will be at standby





# CATEGORIES

Cricket

Futsal

Basketball

Throwball

Dodgeball

Volleyball

Tug of war

Scavenger hunt

Badminton

Athletics

Table tennis

Strongmen

Lawn Tennis

Padel

Carrom

Chess

Ludo

E - sports



# SPORTS CATEGORIES

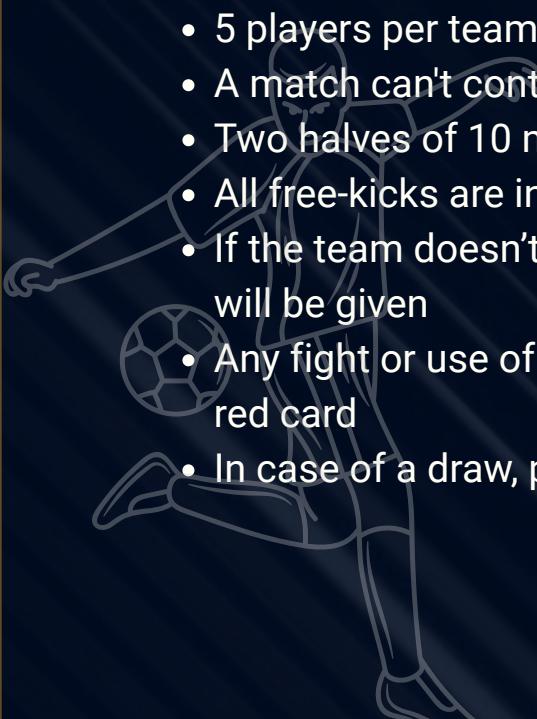
## CRICKET

- Tape Ball will be used
- 11 aside matches
- For Knockout stage 4 overs will be played
- Bowling limit is 2-1-1
- For the Semi-Final and Final 6 overs will be played
- Bowling limit is 3-2-1
- In case of a draw super over will be given



## FUTSAL

- 5 players per team, 3 substitutes.
- A match can't continue if a team has fewer than 3 players.
- Two halves of 10 minutes each (running clock).
- All free-kicks are indirect.
- If the team doesn't show up in 15 mins, then a walkover will be given
- Any fight or use of vulgar language will result in a direct red card
- In case of a draw, penalty shootouts will happen.





# BASKETBALL

- Each team consists of 5 active players on the court with 3 substitutes
- 4 minutes for one quarter, 16 minutes per match
- 1 time out per quarter (one minute)
- A player must dribble while moving with the ball.
- Traveling (moving without dribbling) is not allowed.
- Double dribble (dribbling, stopping, and dribbling again) is not allowed.
- If a player commits 5 personal fouls in a quarter, they are terminated from the game.
- If fouled while shooting inside the arc (2-point area) → 2 free throws.
- If fouled while shooting outside the arc (3-point area) → 3 free throws.
- If the shot is made despite the foul, the basket counts, and the player is awarded 1 additional free throw.
- The three-second rule will be followed.
- An offensive player cannot remain inside the opponent's key/paint area for more than 3 seconds while their team has control of the ball.
- Once the offensive team has moved the ball into the frontcourt, they may not return the ball to the backcourt. Violating this rule results in a turnover.

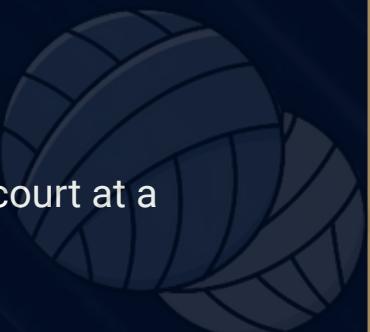




# THROWBALL

- 7 players on court and up to 3 substitutes.
- Each match will be composed of three sets. With 15 points per match.
- Ball must be thrown within 5 seconds.
- For serve, No step on or over the baseline and it should be diagonal, Throwing ball in dead zone is against rules.
- Jump smashes are allowed.
- Ball is dropped, fumble or ball touches body or thrown with both hands opposite team gets a point.
- Players will have to change their positions after set immediately.

# DODGEBALL

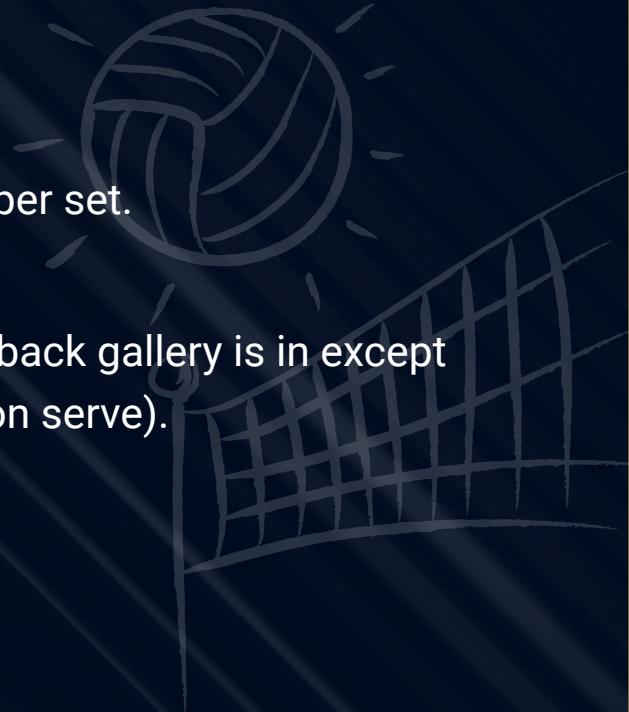


- Each team will consist of 7 active players on the court at a time, with 3 substitutes
- A match will consist of one round lasting 5 minutes.



# VOLLEYBALL

- Matches will be played to 21 points per set.
- All matches will be of three sets
- In doubles, side lines are in, and the back gallery is in except during the serve (back gallery is out on serve).



# TUG OF WAR

- Each team consists of 8 players.
- 2 substitutes will be allowed.
- A single match will be the best of three pulls.
- Any 3 fouls will lead to the disqualification of the whole team.
- Sitting or touching the ground intentionally, locking the rope under the arm or across the body, jerking or sudden pulls, false starts before the “pull” call are all prohibited.





# SCAVENGER HUNT

## Boundaries:

- Participants would be assigned a specific perimeter and going out of it would result in disqualification.

## Time Limit:

- A set time limit would be given to hunt down all the clues.

## Team Rules:

- Teams must stay together and splitting of members would result in disqualification.

## Cheating & Sabotage:

- Any attempts to cheat, lie, steal, or sabotage other teams will result in disqualification.

## Final Decision:

- The team to hunt all the clues and find the object within the given time will have to report back to the starting point. The team to report back first would win.



# BADMINTON

## Singles Rules

- Matches will be played to 11 points, 1 set only.
- Cross-court serving is mandatory.
- In singles, the back gallery is in, and the side lines are out.
- Semifinals and finals will be played as Best of 3 sets  
(3 sets of 11 points each).

## Doubles and Mixed Doubles Rules

- Matches will be played to 21 points per set.
- Semifinals and finals will be played as Best of 3 sets.
- In doubles, side lines are in, and the back gallery is in except during the serve (back gallery is out on serve).
- Proper rotation and serving order must be maintained throughout the match



# ATHLETICS

## 100m Sprint/ 200m Sprint:

- Athletes must remain in their designated lanes throughout the race
- False Start Rule: Any athlete who makes a false start will be disqualified

## 4 × 400m Relay :

- Each team consists of four athletes, each running one lap of 100m
- The first leg starts in designated lanes with a staggered start.
- Athletes must exchange the baton within the 20m changeover zone.
- Dropping the baton is not an automatic disqualification; the athlete who dropped it must recover it without obstructing others.
- Teams must finish with the same baton used at the start of the race.





# TABLE TENNIS



- Games are played to 11 points. one set per match (knockout rounds).
- The serve must start with the ball resting freely on the open palm, behind the end line of the table.

## Singles

- The serve may be played from anywhere to anywhere on the opponent's side.

## Doubles and Mixed Doubles

- Serves must be played diagonally, from the right-hand court to the opponent's right-hand court
- Partners must alternate shots during rallies.
- Service and receiving order must remain consistent throughout the game. Teams consist of one male and one female.

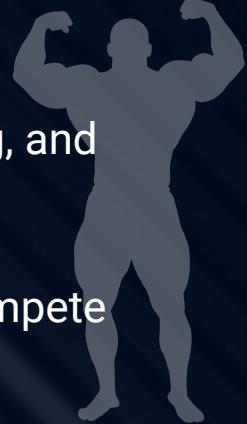




# STRONGMAN

## Competition Rules

- Three subcategories: Powerlifting, Arm Wrestling, and Calisthenics.
- It is a mixed sport where both boys and girls compete together under the same rules and standards



## 1. Powerlifting Weight Categories

### Female

- under 47kgs
- 47 – 57 kg
- 58 – 70 kg
- 71 kg & Above

### Male

- Under 59kg
- 59 – 73 kg
- 74 – 85 kg
- Over 85kgs





## Allowed:

- lifting belt, wrist wraps, knee sleeves, chalk, baby powder, athletic tape

## Not allowed:

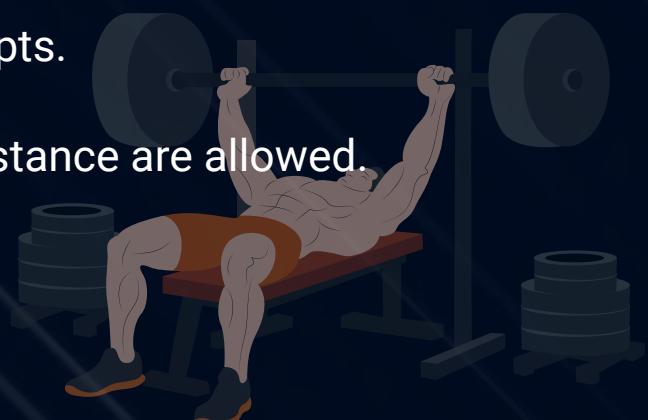
- lifting straps, supportive suits/shirts, knee wraps (elastic bandage type)
- Equipment must be checked and approved by referees; violations = disqualification.

## I.Bench Press:

- 3 attempts per participant
- Bar must be steady at top before racking

## II.DEADLIFT:

- Each participant gets 3 attempts.
- Both sumo and conventional stance are allowed.





## 2. ARM WRESTLING

- Separate male and female weight categories.
- Matches are best of 3 rounds.
- Fouls: lifting elbow off pad, early start before command, using body/shoulder illegally, or not gripping peg with free hand.
- Two fouls in a round = loss of that round.

## 3. CALISTHENICS

- Athletes must perform standard push-ups and pull-ups only.
- Resting is allowed only in the starting position. Resting mid-movement is not allowed.



# LAWN TENNIS

- Matches are best of three sets
- Scoring: 15, 30, 40, Game (win by two at deuce).
- Serve diagonally; two attempts per point.
- Players shall Change sides after every set

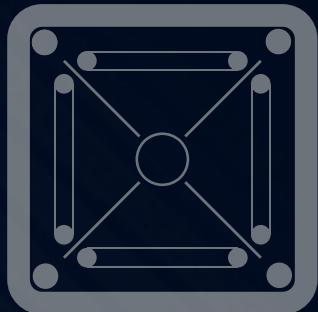


# PADEL

- It will be 2v2
- All matches will be knock out basis
- Match will be of 3 set
- Golden Point at deuce
- Serve must be underhand, bounce once in a diagonal box.
- Ball may hit glass/walls after the first bounce.



# Carrom



- Cover the Queen: Pocket the Queen, then pocket one of your own pieces immediately on the next shot.
- Striker Foul (Scratch): If the striker is pocketed, you lose your turn, and one piece is returned to the board.
- Flicking Only: Must flick the striker; no pushing.
- Endgame Rule: Cannot pocket your last piece until the Queen is covered.
- Player with most points wins

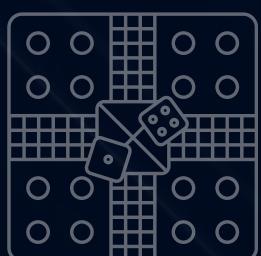
# Chess



- FIDE rules apply to all games.
- Tie-breaks will be used if players have equal points.
- Touch-move rules will be strictly followed.
- In case of draw they will play another opponent

# Ludo

- A toss of 6 allows a piece to enter the board and grants an extra turn.
- One die will be rolled





# E-SPORTS



## Tekken 8

- 1 match consisting of 3 rounds of 1 min each
- No dlc characters allowed
- Pausing the game will result in an instant disqualification
- The semi final will be a first to 2 games each consisting of 3 rounds
- The finals will be a fist to win 3 games each consisting of 3 rounds

## COD Black OPS 3

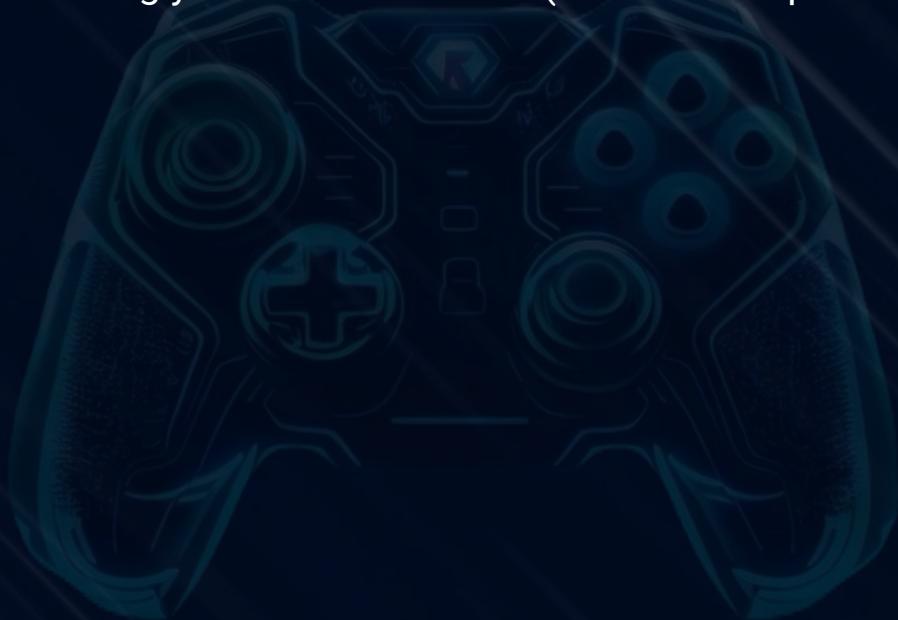
- The game mode will be a gun game with map swiping and a setback of 3.
- The map will be Nuke town or if both players agree, they may choose the map themselves.
- The finals will have no time limit and will be played with a setback of 1.





## FC 26:

- Half Length: 5 minutes, semifinals and finals 6 mins
- Direct Penalty Shootout if there is a draw
- Club or National teams only (with the latest transfers)
- Pausing is allowed only when the ball is out of play.
- Controller settings must be configured before kickoff.
- You can bring your own controllers (if not we will provide them)





# CONTACT US

## VENUE ADDRESS

1.DPS

CIRCULAR RD, BLOCK H MODEL TOWN, LAHORE

2.ALIGARH CRICKET GROUND

F8RF+V6G, MODEL TOWN, LAHORE

3.CRICKET CENTER

F8RF+5F9, MODEL TOWN, LAHORE

4.K-21 SPORTS CLUB

CIRCULAR RD, BLOCK K MODEL TOWN, LAHORE



SCAN FOR DIRECTIONS!!

## EVENT HEADS

FASIH QURESHI

0310 4522200

HASSAN QURESHI

0332 4651000



SCAN TO REGISTER!!

## REGISTRATION DIRECTOR

MUSTAFA KAMRAN

0302 2007867