



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Basketball

The Competition

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|-------------------------|---|
| Categories | : Under 16 Boys, Under 18 Boys, Under 18 Girls |
| Format | : 5X5 Format |
| Date | : 7-24 December 2024 |
| Venue | : GEMS Basketball Court 1 and Court 2 |
| Format | : League cum Knockout |
| Maximum number of teams | : 16 teams in each category (including host school) |
| Team Composition | : 12 Players + 1 Coach |

Participating entry fee

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| Entry fee per team | : NRs. 7000/- per team |
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Rules and Regulations

- i. MVP of each category will be recognized.
- ii. Tie Sheet draw on 29th November 2024
- iii. FIBA rules will be implemented throughout the tournament.
- iv. Proper jerseys with distinctly printed number on the jersey is required. If two teams have similar jersey then one of them will be provided alternates decided by the toss of a coin.
- v. Teams must report to the registration desk 1 hour before their scheduled match.
- vi. Protests against referee's decisions will not be entertained. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- vii. Minor injuries will be looked after by the organizing committee and in-house infirmarians but in case of major injuries, the participating schools have to bear the medical expenses themselves.
- viii. Each game will be played for 32 minutes; four quarters of 8 minutes each however the quarter finals, semifinals and finals will be played for 40 minutes; four quarters of 10 minutes each.
- ix. Games will be played under FIBA rules.
- x. Technical foul will be awarded to any school in case of use of offensive language or deliberate rough play during any stage of the game in process.
- xi. Wearing jewelry or any other ornaments are strictly forbidden during the match.
- xii. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xiii. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

| | |
|--|--------------|
| Sanjay Byanjankar, sanjay.byanjankar@gihe.edu.np | : 9849613828 |
| Prasiddha Magar, prasiddha.magar@gems.edu.np | : 9818781774 |



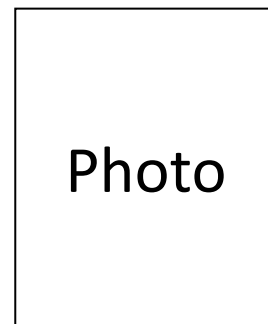
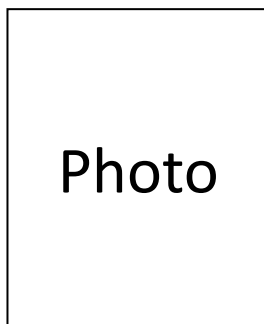
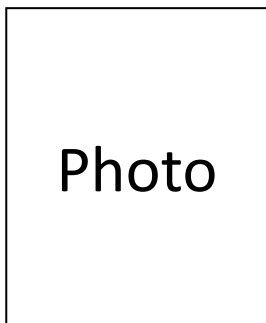
Basketball Registration Sheet (Under 16 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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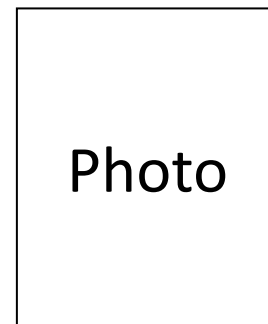
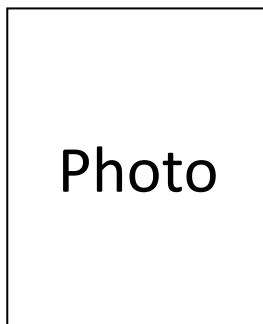
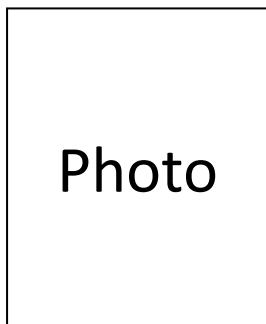
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THUNDERBOLTS CUP

'Redefining School Sports Culture'



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Principal's Signature



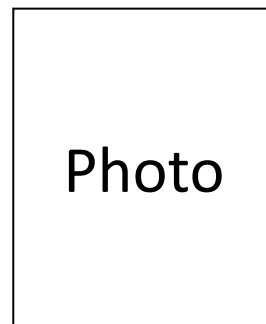
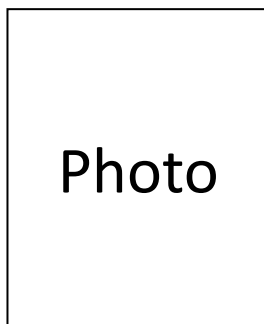
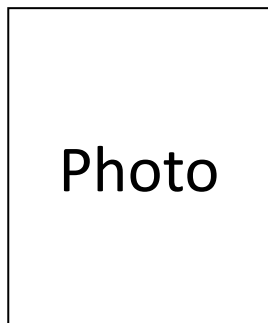
Basketball Registration Sheet (Under 18 Girls)

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Contact Person (Manager) :

Contact number :

Coach :



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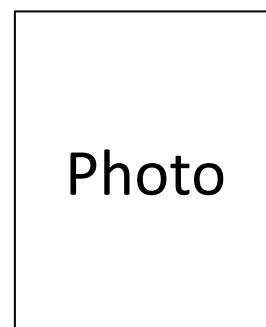
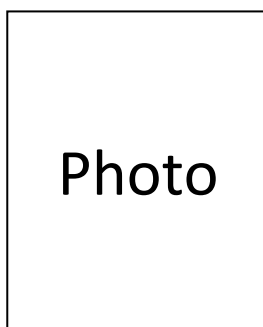
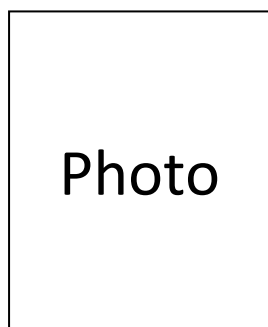
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THUNDERBOLTS CUP

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School Stamp

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Principal's Signature



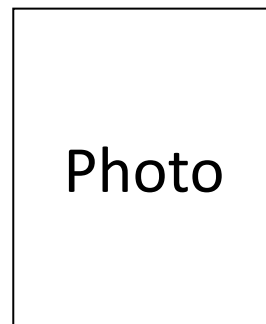
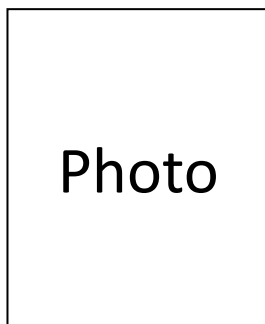
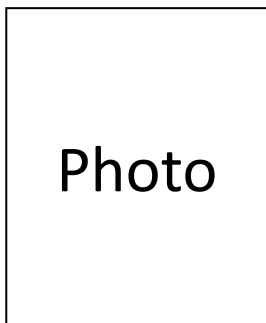
Basketball Registration Sheet (Under 18 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



Name:

Class:

DOB:

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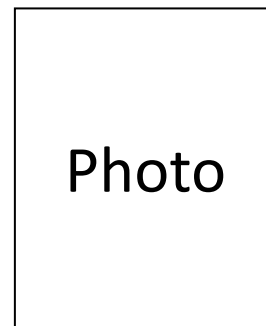
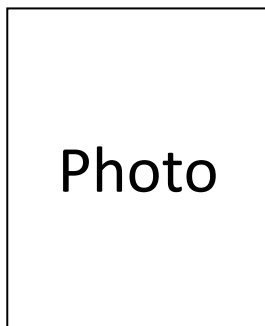
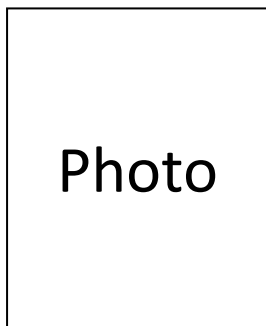
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THUNDERBOLTS CUP

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School Stamp

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Principal's Signature



THUNDERBOLTS CUP

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CHESS

The Competition

Categories : Under14 Boys, Under 14 Girls, Under 18 Boys, Under 18 Girls
Date : 19-20 December 2024
Venue : GEMS ECA Block
Format : 7 rounds
Maximum participants : 4 players in each category (including host school)

Participating entry fee

Entry fee : NRs. 400/- per participant

Rules and Regulations

- i. Swiss League format will be followed with 7 rounds for each player.
- ii. 'Touch Move' will be in play. Once you touch a piece it has to be the one moved.
- iii. No outside assistance is allowed during games is allowed.
- iv. Time Control: 15 Minutes plus 10 seconds per move from move one.
- v. In case of disputes, the Chief Arbiter who will have no direct affiliation with the host school, will make the final call.
- vi. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- vii. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

Sujit Kumar Yadav, sujitkryadav177@gmail.com : 9841438283



Chess Registration Sheet

Name of the School :

Contact Person (Manager) :

Contact number :

U-14 Boys

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U-14 Girls

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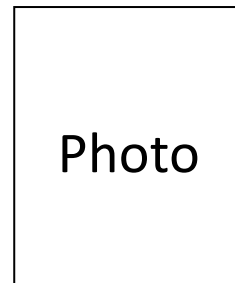
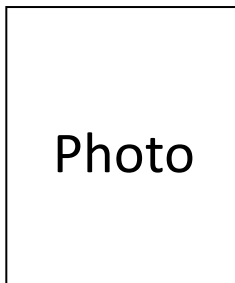
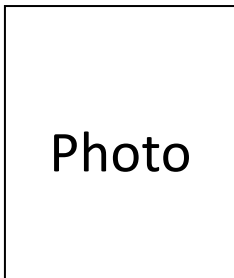
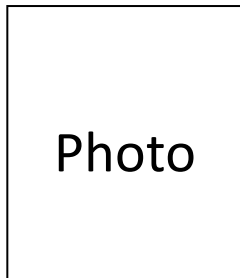
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U-18 Boys

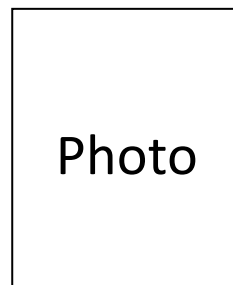
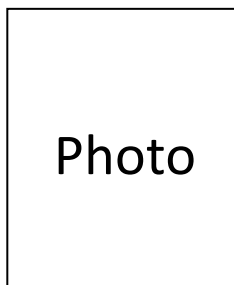
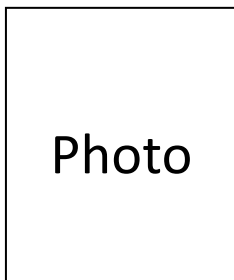
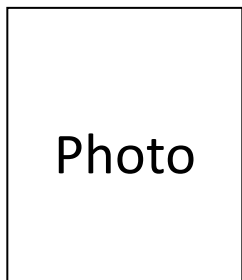


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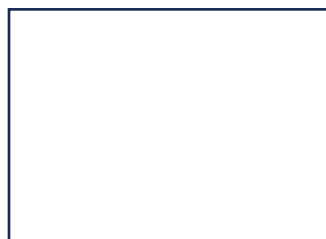
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School Stamp

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Principal's Signature



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Cricket

The Competition

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| Categories | : Under 12 Boys, Under 16 Boys, Under 18 Boys |
| Date | : 7-24 December 2024 |
| Maximum number of teams | : 12, 16 and 8 respectively (including host school) |
| Team Composition | : 14 Players +1 Coach for Under 12 Boys and Under 16 Boys : 12 Players + 1 Coach for Under 18 Boys |
| Venue | : GEMS Cricket Ground |
| Format | : League cum Knockout |

Participating entry fee

| | |
|-----------|-------------------------------|
| Entry fee | : NRs 6000 for Under 12 Boys |
| | : NRs. 7000 for Under 16 Boys |
| | : NRs. 8000 for Under 18 Boys |

Rules and Regulations

- i. Best players of the tournament for each category will be awarded.
- ii. Tie Sheet draw on 29th December 2024.
- iii. If a team does not report at least half an hour before their scheduled match, it will be counted as a walkover.
- iv. Matches will be played with a hard rubber ball.
- v. Teams have to wear colorful team jerseys (white cricket attires will not be accepted). If two teams have similar jersey then one of them will be provided alternates decided by the toss of a coin.
- vi. Each match will be played for 10 overs for each side. One bowler will be allowed to bowl a maximum of 2 overs. (for Under 12 Boys, two bowlers can bowl 3 overs each)
- vii. The winning team gets 2 points and losing teams gets 0. If a match cannot be played due to unavoidable circumstances, the points will be shared.
- viii. Tie-breaker will be decided by a super over. Super overs will continuously take place until a clear winner emerges.
- ix. Cricket kit (except ball) must be brought by the visiting teams/players themselves.
- x. Protests against umpire's decisions will not be entertained.
- xi. Minor injuries will be looked after by the organizing committee but in case of major injuries, the participating schools will have to bear the medical expenses themselves.
- xii. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xiii. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

| | |
|--|--------------|
| Manjur Alam Khan, manjur.khan@gihe.edu.np | : 9861138138 |
| Manish Kumar Gupta, manish.gupta@gems.edu.np | : 9811865947 |



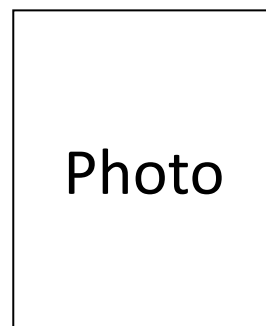
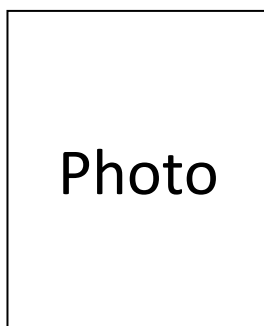
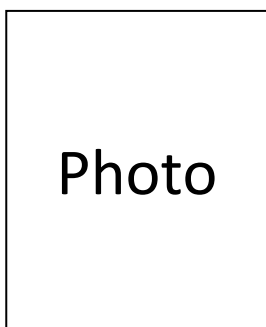
Cricket Registration Sheet (Under 12)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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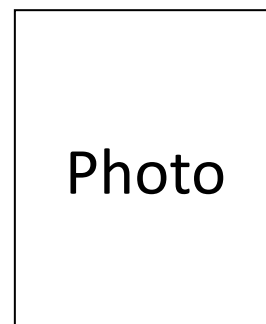
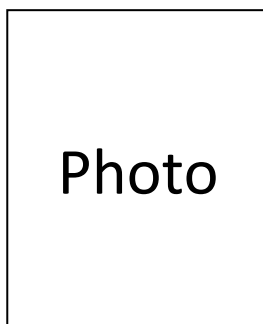
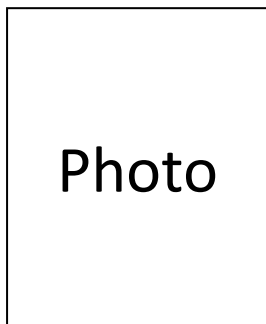
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THUNDERBOLTS CUP

'Redefining School Sports Culture'



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Principal's Signature



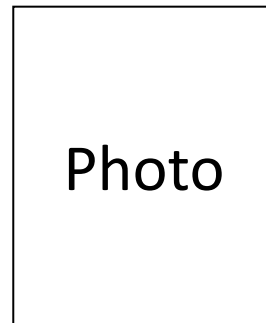
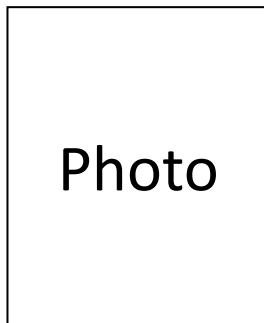
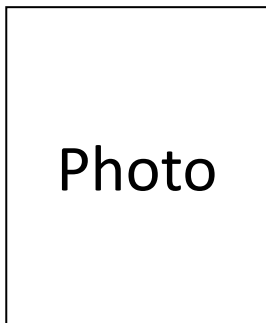
Cricket Registration Sheet (Under 16)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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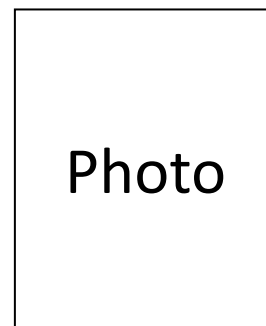
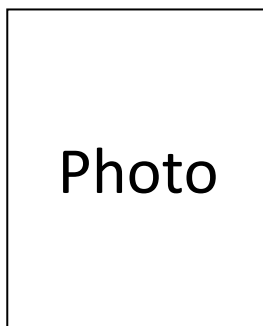
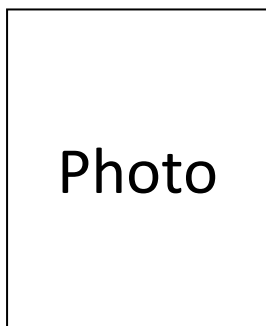
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THUNDERBOLTS CUP

'Redefining School Sports Culture'



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Principal's Signature



THUNDERBOLTS CUP

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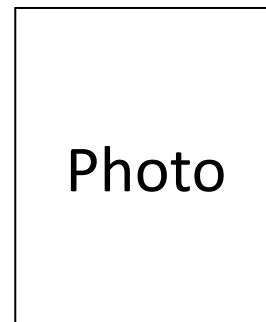
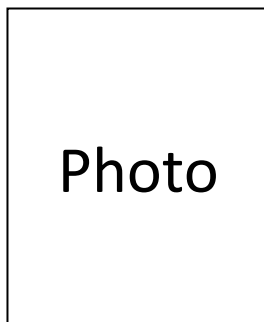
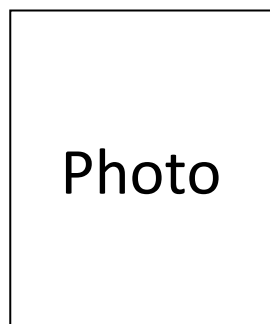
Cricket Registration Sheet (Under 18)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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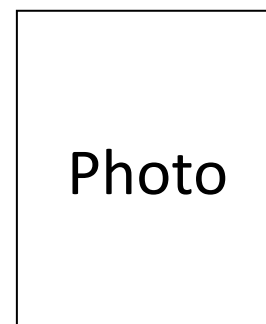
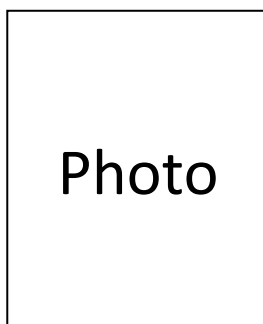
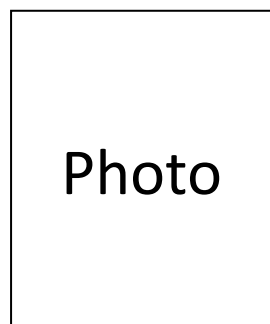
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THUNDERBOLTS CUP

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School Stamp

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Principal's Signature



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Football

The Competition

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|-------------------------|------------------------------------|
| Categories | : Under 12 Boys |
| Date | : 16-24 December 2024 |
| Venue | : GEMS Football Ground |
| Format | : League cum Knockout |
| Maximum number of teams | : 16 (including host school) |
| Players per team | : 18 Players + 1 Manager + 1 Coach |

Participating entry fee

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| Entry fee | : NRs. 6000/- per team |
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Rules and Regulations

- i. Games will be played under FIFA rules and regulations along with FIFA referees.
- ii. Best Player (outfield), Top Goal Scorer and Best Goalkeeper will be recognized.
- iii. Each team will be allowed to make 5 substitutes (on 3 separate intervals only) but only when ball is out of play and allowed by the referee.
- iv. Games will be played 11-a-side.
- v. Tie Sheet draw on 29th November 2024.
- vi. Submission of ID and copy of birth certificate of participating students is mandatory.
- vii. A proper jersey with distinctly printed number is required. If two teams have similar jersey then one of them will be provided alternates decided by the toss of a coin.
- viii. Each game will be played for 50 minutes; two halves of 25 minutes each. 5 minutes break will be given in between.
- ix. In the group stage, the winning team will get three points, and losing team will get zero and in case of a draw, each team will be given one point.
- x. From the Knockout stage, if matches conclude with level scores, direct penalties will be taken.
- xi. Protests against referee's decisions will not be entertained. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- xii. Minor injuries will be looked after by the organizing committee but in case of major injuries, the participating schools have to bear the medical expenses themselves.
- xiii. One team will qualify from each group.
- xiv. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xv. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

| | |
|--|--------------|
| Rayan Kasaju, snemanager@thunderbolts.com.np | : 9801973975 |
| Samir Nemkul, sn.nemkul@gems.edu.np | : 9849947329 |
| Saurav Maharjan, saurav.maharjan@gems.edu.np | : 9840273406 |



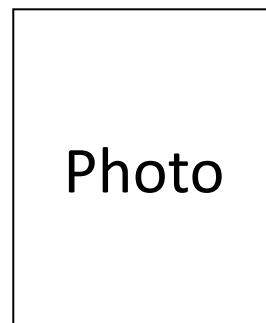
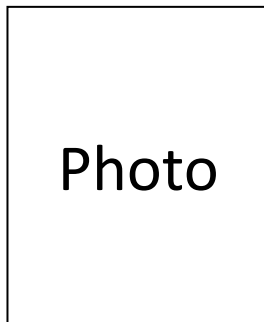
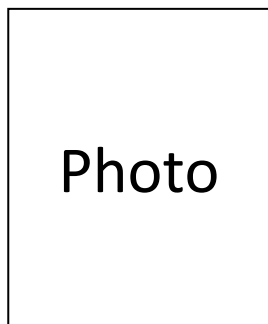
Football Registration Sheet (Under 12 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



Name:

Class:

DOB:

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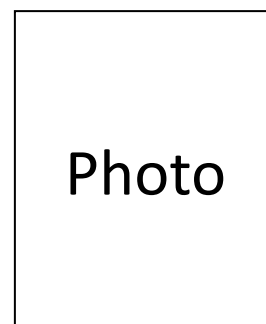
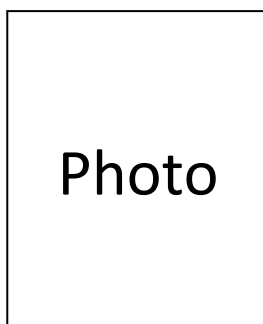
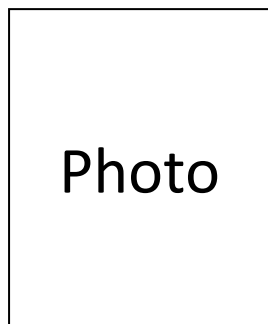
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THUNDERBOLTS CUP

'Redefining School Sports Culture'



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Football

The Competition

| | |
|-------------------------|---|
| Categories | : Under 16 Boys |
| Date | : 9 th November 2024 to 24 th December 2024 |
| Venue | : GEMS Football Ground |
| Format | : League Cum Knockout |
| Maximum number of teams | : 20 (including host school) |
| Players per team | : 18 Players + 1 Manager + 1 Coach |

Participating entry fee

| | |
|-----------|-----------------------|
| Entry fee | : NRs 7000/- Per Team |
|-----------|-----------------------|

Rules and Regulations

- i. Games will be played under FIFA rules and regulations along with FIFA referees.
- ii. Best Player (outfield), Top Goal Scorer and Best Goalkeeper will be recognized.
- iii. Each team will be allowed to make 5 substitutes (on 3 separate intervals only) but only when ball is out of play and allowed by the referee.
- iv. Games will be played 10-a-side.
- v. Tie Sheet draw on 23rd October 2024.
- vi. Submission of ID and copy of birth certificate of participating students is mandatory.
- vii. A proper jersey with distinctly printed number is required. If two teams have similar jersey then one of them will be provided alternates decided by the toss of a coin.
- viii. Each game will be played for 60 minutes; two halves of 30 minutes each. 5 minutes break will be given in between.
- ix. In the group stage, the winning team will get three points, and losing team will get zero and in case of a draw, each team will be given one point. Two teams will qualify from each group.
- x. From the Knockout stage, if matches conclude with level scores, direct penalties will be taken.
- xi. Protests against referee's decisions will not be entertained. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- xii. Minor injuries will be looked after by the organizing committee but in case of major injuries, the participating schools have to bear the medical expenses themselves.
- xiii. Entry fee must be paid along with the submission of the registration form before the deadline on 7th October 2024.
- xiv. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

| | |
|--|--------------|
| Rayan Kasaju, snemanager@thunderbolts.com.np | : 9801973975 |
| Samir Nemkul, sn.nemkul@gems.edu.np | : 9849947329 |
| Saurav Maharjan, saurav.maharjan@gems.edu.np | : 9840273406 |



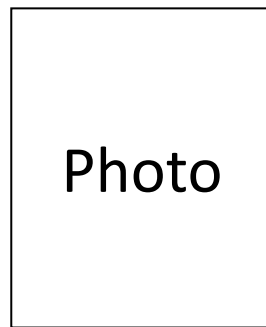
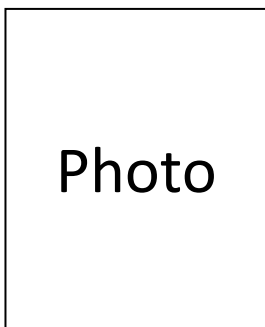
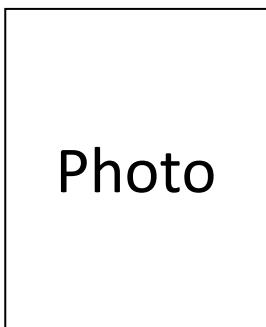
Football Registration Sheet (Under 16 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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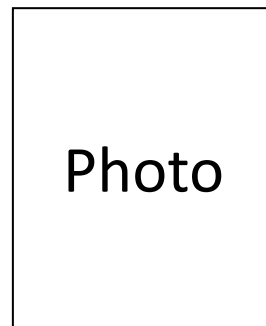
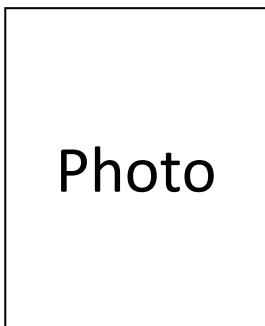
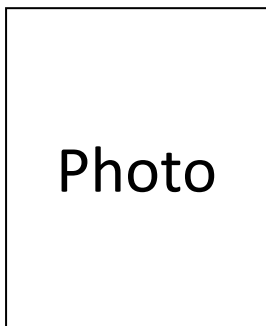
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FUTSAL

The Competition

| | |
|-------------------------|---|
| Categories | : Under 13 Girls, Under 18 Boys, Under 18 Girls |
| Date | : 13-15 December and 20-22 December 2024 |
| Venue | : GEMS Futsal Court |
| Format | : League cum Knockout |
| Maximum number of teams | : 12 teams for Under 13 Girls (including host school) : 32 teams for Under 18 Boys (including host school) : 8 teams for Under 18 Girls (including host school) |
| Players per team | : 10 Players + 1 Manager + 1 Coach |

Participating entry fee

| | |
|-----------|------------------------|
| Entry fee | : NRs. 5000/- per team |
|-----------|------------------------|

Rules and Regulations

- i. Games will be played under FIFA rules and regulations along with FIFA referees.
- ii. Best Player (outfield) and Best Goalkeeper will be recognized.
- iii. Rolling substitute will be applicable but only when ball is out of play and allowed by the referee.
- iv. Tie Sheet draw on 29th November 2024.
- v. ID and copy of birth certificate of participating students is mandatory.
- vi. A proper jersey with distinctly printed number on the jersey is required. If two teams have similar jersey then one of them will be provided alternates decided by the toss of a coin.
- vii. Each game will be played for 16 minutes; two halves of 8 minutes each. 2 minutes break will be given in between.
- viii. In the group stage, the winning team will get two points, losing team will get zero and in case of a draw, each team will be given one point.
- ix. From the Knockout stage, if matches conclude with level scores, direct penalties will be taken.
- x. In the Knockout phase, tie-breaker will be decided with 3 penalty shots followed by sudden death penalties.
- xi. Goalkeepers are allowed to throw the ball beyond the half way line but not directly inside the opposing keeper's box.
- xii. Careless, reckless tackles and using excessive force are strictly prohibited.
- xiii. Protests against referee's decisions will not be entertained. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- xiv. Minor injuries will be looked after by the organizing committee but in case of major injuries, the participating schools have to bear the expenses themselves.
- xv. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xvi. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

Rayan Kasaju, snemanager@thunderbolts.com.np : 9801973975

Samir Nemkul, sn.nemkul@gems.edu.np : 9849947329

Aashish Thada Magar, aashish.magar@gems.edu.np : 9869126654



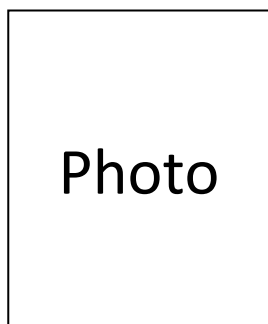
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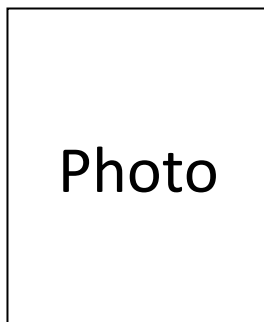
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Contact number :

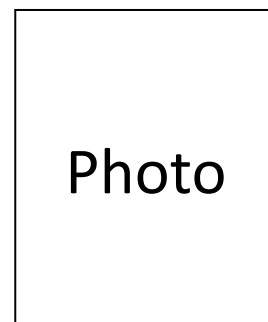
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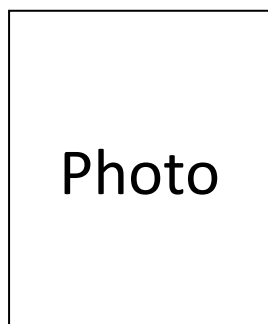
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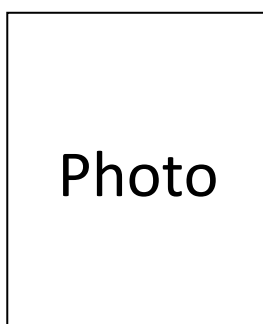
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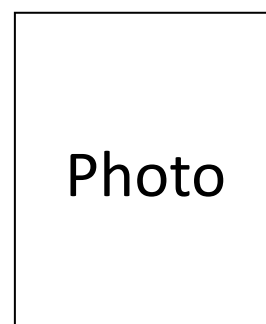
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School Stamp

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Principal's Signature



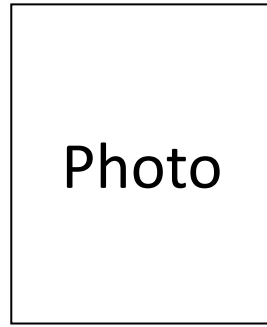
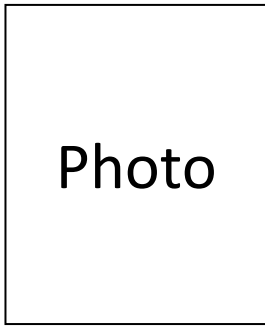
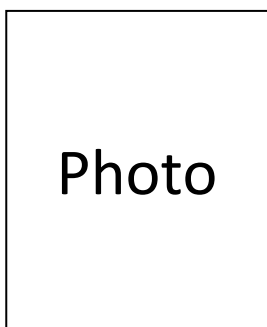
Futsal Registration Sheet (U-18 Girls)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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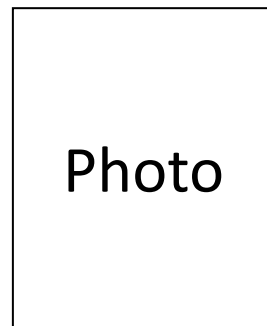
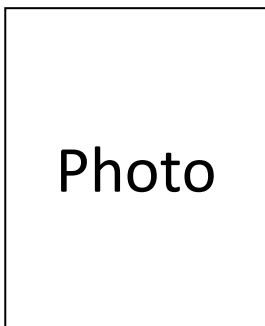
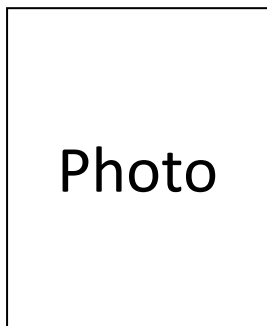
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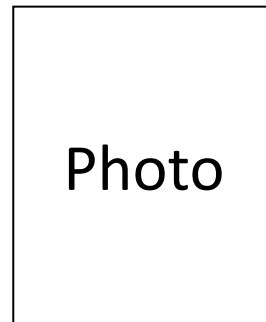
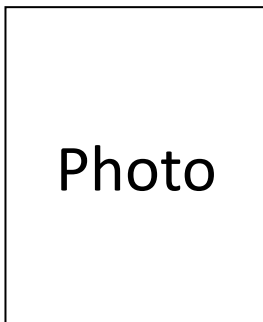
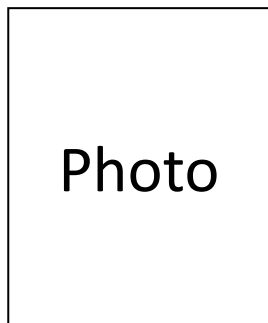
Futsal Registration Sheet (U-18 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



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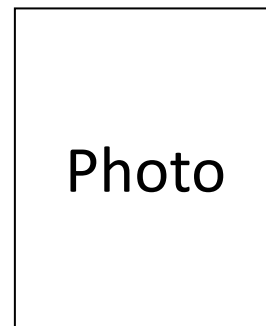
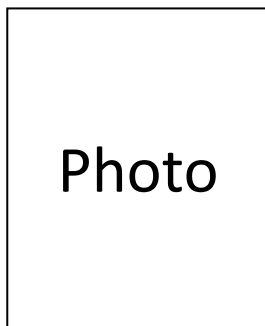
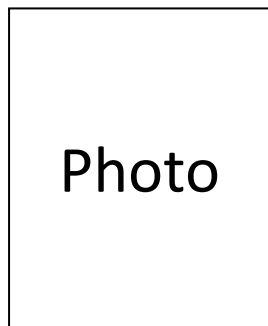
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Principal's Signature



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JUDO

The Competition

| | |
|----------------------|--|
| Categories | : Weight wise bouts |
| Date | : 20 th December 2024 – Weighing and Tie Sheet Draw : 21 st December 2024 – Competition |
| Venue | : GEMS Open Hall |
| Format | : Knockout |
| Maximum participants | : 100 |

Participating entry fee

| | |
|-----------|------------------------------|
| Entry fee | : NRs. 500/- per participant |
|-----------|------------------------------|

Rules and Regulations

- i. Best overall boy and girl player will be awarded.
- ii. For weighing and competition, students without valid ID card will be disqualified.
- iii. Rules and regulations will be applied according to IJF and NJF.
- iv. The contest time will be 2 minutes.
- v. Sime waza and khansestu waza are not allowed.
- vi. Minor injuries will be looked after by the organizing committee and in-house infirmarians but in case of major injuries, the participating schools have to bear the expenses themselves.
- vii. Black belt holders are not allowed to participate.
- viii. Participating students must be under 18 years of age.
- ix. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- x. Snacks and lunch options will also be available for purchase on-site.

Contact details

Kabi Ram Gharti Magar, kabiram.gm@gems.edu.np : 9841440413

Durga Puri, durga.puri@gems.edu.np : 9860133499



Judo Registration Sheet

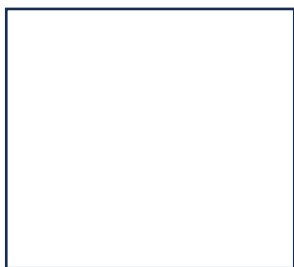
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Contact Person (Manager) :

Contact number :

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(Please make copies of this document if more than 10 students are participating)



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SWIMMING

The Competition

Date : 5-6 October 2024 (Saturday and Sunday)
Venue : GEMS Swimming Pool
Rules : With the exception of some of the modified rules in this document, all world aquatic rules will govern all aspect of the games. Download the rules at https://resources.fina.org/fina/document/2023/04/05/c8f2e9bf-54bb-4e95-a534-116671049357/WORLD_AQUATICS_COMPETITION_REGULATIONS.pdf

Participating entry fee

Entry fee : NRs. 1000/- per participant

Payment and Registration Details

The paid receipt of the registration fees along with the registration form and all birth certificates need to be mailed to info@thunderbolts.com.np

Tournament Timings

Morning : Report at 7:00 AM and events start at 8:30 AM; Ends at 11:00 AM
Afternoon : Report at 2:00 PM and events start at 3:30 PM; Ends at 6:00 PM

Roster Size

- Maximum of 20 swimmers of any combination of gender with 2 accompanying coaches for each school.
- The host school may enter more than this number.

Age Divisions

Age as of 5th October 2024.

- | | | |
|-----------------------|--------------|----------------------------------|
| • Under10 years | Girls & Boys | Born on or after October 6, 2014 |
| • 11 years – 12 years | Girls & Boys | Born on or after October 6, 2012 |
| • 13 years – 14 years | Girls & Boys | Born on or after October 6, 2010 |
| • 15 years – 17 years | Girls & Boys | Born on or after October 6, 2007 |

Bad Weather and Lightning guideline

- Outdoor activities will be suspended when lightning is detected. All personnel must seek appropriate shelter.
- Outdoor activities may resume after a reasonable time when the last lightning strike subsides. In the eventuality of no improvement in the weather, the events may be postponed.



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Competition condition:

- Participants will be permitted to compete in an age group division based on their age on the first day of the competition [if the swimmer is aged 12 on the first day but turns 13 on the subsequent day, they will still be considered 12 years old for the championship].
- Swim ups – A swimmer may compete in the older age group division but if the swimmer 'swims up' they will not forfeit their eligibility to compete in their actual age group.

Events

Applicable for both genders

| Age Category | Events |
|-----------------------------|---|
| Under 10 Years | - 50m Freestyle - 50m Backstroke - 50m Breaststroke - 50m Butterfly |
| 11 Years to 12 Years | - 50m Freestyle - 100m Freestyle – 50m Backstroke - 100m Backstroke - 50m Breaststroke - 100m Breaststroke - 50m Butterfly - 100m Individual Medley |
| 13 Years to 14 Years | - 50 Freestyle - 100m Freestyle - 200m Freestyle - 50m Backstroke - 100m Backstroke - 50m Breaststroke - 100m Breaststroke - 50m Butterfly - 100m Butterfly - 200 Individual Medley |
| 15 Years to 17 Years | - 50 Freestyle - 100m Freestyle - 200m Freestyle - 400m Freestyle - 50m Backstroke - 100m Backstroke - 200m Backstroke - 50m Breaststroke - 100m Breaststroke - 200m Breaststroke - 50m Butterfly - 100m Butterfly - 200 Individual Medley |

Entries

- Each school may enter up to 2 swimmers per event.
- A swimmer may enter in any number of events.
- All events will be timed finals. Relays will also be timed finals.
- Each school may enter only one relay team per event listing up to 6 swimmers on the official entry form.
- Final relay team names must be submitted to the control room by noon of the event day and alternate arrangement will be at the discretion of the Tournament Director.
- No changes will be entertained after the final entry but a swimmer may be withdrawn from their events but no new swimmer can be added to the list.
- Entry fee must be paid along with the submission of the registration form before the deadline on 24th September 2024.
- Entry form must be accompanied by the proof of age certificate [Birth certificate/Citizenship Card or Passport].
- Entry will not be valid or registered if the form is incomplete or if the fee is not paid within the given frame on time.

Awards

- Gold, Silver and Bronze medals will be awarded to the first, second and third place swimmers.
- Winner trophy will be awarded to the school securing the highest point in the championship.
- If the points are equal at the end, the number of gold medals followed by silver and then bronze will determine the winner.

Scoring

Points for individual event will be given up to 8 positions



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| Position | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Points | 12 | 11 | 10 | 9 | 7 | 5 | 3 | 1 |

For the relay, it will be double points

| Position | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Points | 24 | 22 | 20 | 18 | 14 | 10 | 6 | 2 |

Swim Meet Calendar

| Date | Day | Time | Event |
|---------------------------------|-----------|------------------|---------------------------------|
| 13 th September 2024 | Friday | 4:00 PM | Form Distribution |
| 27 th September 2024 | Friday | 4:00 PM | Final Registration Date |
| 29 th September 2024 | Sunday | 4:00 PM | Verification of DOB |
| 30 th September 2024 | Monday | 3:00 PM | Swim Meet Meeting (Officials) |
| 30 th September 2024 | Monday | 3:00 PM | Preparation of Lists |
| 1 st October 2024 | Tuesday | 4:00 PM | Event Correction |
| 2 nd October 2024 | Wednesday | 3:00 PM | Printing and Mailing Final List |
| 5 th October 2024 | Saturday | 7:00 AM; 2:00 PM | Timed Finals |
| 6 th October 2024 | Sunday | 7:00 AM; 2:00 PM | Timed Finals |

General Rules

- All competitions will have two false start rules.
- Event with less than 3 entries will not be held.
- Swimmers are to report to the marshal area at least 4 events before their event.
- Referee will resolve the confusion or queries that arises after due information/investigation.
- Competition jury will solve all protest and other related matters of the championships after receiving written grievance.

Protest

- A written protest with a deposit of NPR. 10,000/- must be submitted within 30 minutes after the event.
- The Jury panel will be responsible to resolve the protest and their decision will be final.
- The deposit will be returned if the protest is upheld by the jury.

Contact details

- Yubraj Sunwar, yubraj.sunwar@gems.edu.np : 9841975952
- Laxmi Katwal, laxmi.katwal@gems.edu.np : 9811046978
- Kapil Budhathoki, kapil.budhathoki@gems.edu.np : 9851044401
- Champa Jyoti Limbu, cj.limbu@gihe.edu.np : 9811046978



THUNDERBOLT
CUP

CONTACT PERSON: _____ MOB: _____
SCHOOL: _____
ADDRESS: _____

ENTRIES WILL NOT BE RECORDED IF NOT SUBMITTED WITH SWIMMER REGISTRATION FORM

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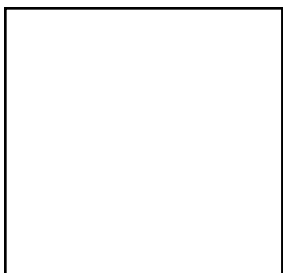


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| NAME | Age/ Group | SEX: M/F | BIRTHDAY | | | EVENTS | | | | | | | | | | | | | | | |
|------|---------------|-------------|----------|----|----|--------|------|------|------|--------|------|------|------|------|------|-----|------|------|------|------|--|
| | | | YY | MM | DD | FREE | | | | BREAST | | | BACK | | | FLY | | IM | | TR | |
| | | | | | | 50m | 100m | 200m | 400m | 50m | 100m | 200m | 50m | 100m | 200m | 50m | 100m | 100m | 200m | 4x50 | |
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AUTHORISED STAMP

SIGNATURE: _____

NAME (BLOCK LETTERS): _____



THUNDERBOLTS CUP

'Redefining School Sports Culture'



| DAY: Saturday - 5th October 2024 (Ashwin 19th, 2081) | | | | | |
|--|----------|-----------------|---------------|--------|---------|
| Event | Distance | Stroke | Age Group | Gender | Remarks |
| 1 | 400 m | Freestyle | 15 - 17 Yrs. | Boys | |
| 2 | 200 m | Ind. Medley | 15 - 17 Yrs. | Girls | |
| 3 | 50 m | Freestyle | Under 10 Yrs. | Boys | |
| 4 | 50 m | Breaststroke | Under 10 Yrs. | Girls | |
| 5 | 200 m | Freestyle | 13 - 14 Yrs. | Boys | |
| 6 | 200 m | Ind. Medley | 13 - 14 Yrs. | Girls | |
| 7 | 100 m | Ind. Medley | 11 - 12 Yrs. | Boys | |
| 8 | 100 m | Freestyle | 11 - 12 Yrs. | Girls | |
| 9 | 200 m | Backstroke | 15 - 17 Yrs. | Boys | |
| 10 | 200 m | Breaststroke | 15 - 17 Yrs. | Girls | |
| 11 | 50 m | Backstroke | Under 10 Yrs. | Boys | |
| 12 | 50 m | Butterfly | Under 10 Yrs. | Girls | |
| 13 | 100 m | Breaststroke | 13 - 14 Yrs. | Boys | |
| 14 | 100 m | Backstroke | 13 - 14 Yrs. | Girls | |
| 15 | 100 m | Backstroke | 11 - 12 Yrs. | Boys | |
| 16 | 100 m | Breaststroke | 11 - 12 Yrs. | Girls | |
| 17 | 100 m | Butterfly | 15 - 17 Yrs. | Boys | |
| 18 | 50 m | Butterfly | 15 - 17 Yrs. | Girls | |
| 19 | 50 m | Backstroke | 13 - 14 Yrs. | Boys | |
| 20 | 50 m | Butterfly | 13 - 14 Yrs. | Girls | |
| 21 | 50 m | Breaststroke | 11 - 12 Yrs. | Boys | |
| 22 | 50 m | Backstroke | 11 - 12 Yrs. | Girls | |
| 23 | 200 m | Freestyle | 15 - 17 Yrs. | Boys | |
| 24 | 100 m | Freestyle | 15 - 17 Yrs. | Girls | |
| 25 | 100 m | Butterfly | 13 - 14 Yrs. | Boys | |
| 26 | 100 m | Freestyle | 13 - 14 Yrs. | Girls | |
| 27 | 50 m | Butterfly | 11 - 12 Yrs. | Boys | |
| 28 | 50 m | Freestyle | 11 - 12 Yrs. | Girls | |
| 29 | 100 m | Backstroke | 15 - 17 Yrs. | Boys | |
| 30 | 100 m | Breaststroke | 15 - 17 Yrs. | Girls | |
| 31 | 50 m | Freestyle | 13 - 14 Yrs. | Boys | |
| 32 | 50 m | Breaststroke | 13 - 14 Yrs. | Girls | |
| 33 | 50 m | Backstroke | 15 - 17 Yrs. | Boys | |
| 34 | 50 m | Breaststroke | 15 - 17 Yrs. | Girls | |
| 35 | 50 m | Freestyle | 15 - 17 Yrs. | Boys | |
| 36 | 4 x 50 m | Freestyle Relay | Open | Girls | |
| 37 | 4 x 50 m | Medley Relay | Open | Boys | |
| | | | | | |

| DAY TWO : Sunday - 6th October 2024 (20th Ashwin 2080) | | | | | |
|--|----------|------------------|---------------|--------|---------|
| Event | Distance | Stroke | Age Group | Gender | Remarks |
| 38 | 400 m | Freestyle | 15 - 17 Yrs. | Girls | |
| 39 | 200 m | Ind. Medley | 15 - 17 Yrs. | Boys | |
| 40 | 50 m | Freestyle | Under 10 Yrs. | Girls | |
| 41 | 50 m | Breaststroke | Under 10 Yrs. | Boys | |
| 42 | 200 m | Freestyle | 13 - 14 Yrs. | Girls | |
| 43 | 200 m | Ind. Medley | 13 - 14 Yrs. | Boys | |
| 44 | 100 m | Ind. Medley | 11 - 12 Yrs. | Girls | |
| 45 | 100 m | Freestyle | 11 - 12 Yrs. | Boys | |
| 46 | 200 m | Backstroke | 15 - 17 Yrs. | Girls | |
| 47 | 200 m | Breaststroke | 15 - 17 Yrs. | Boys | |
| 48 | 50 m | Backstroke | Under 10 Yrs. | Girls | |
| 49 | 50 m | Butterfly | Under 10 Yrs. | Boys | |
| 50 | 100 m | Breaststroke | 13 - 14 Yrs. | Girls | |
| 51 | 100 m | Backstroke | 13 - 14 Yrs. | Boys | |
| 52 | 100 m | Backstroke | 11 - 12 Yrs. | Girls | |
| 53 | 100 m | Breaststroke | 11 - 12 Yrs. | Boys | |
| 54 | 100 m | Butterfly | 15 - 17 Yrs. | Girls | |
| 55 | 50 m | Butterfly | 15 - 17 Yrs. | Boys | |
| 56 | 50 m | Backstroke | 13 - 14 Yrs. | Girls | |
| 57 | 50 m | Butterfly | 13 - 14 Yrs. | Boys | |
| 58 | 50 m | Breaststroke | 11 - 12 Yrs. | Girls | |
| 59 | 50 m | Backstroke | 11 - 12 Yrs. | Boys | |
| 60 | 200 m | Freestyle | 15 - 17 Yrs. | Girls | |
| 61 | 100 m | Freestyle | 15 - 17 Yrs. | Boys | |
| 62 | 100 m | Butterfly | 13 - 14 Yrs. | Girls | |
| 63 | 100 m | Freestyle | 13 - 14 Yrs. | Boys | |
| 64 | 50 m | Butterfly | 11 - 12 Yrs. | Girls | |
| 65 | 50 m | Freestyle | 11 - 12 Yrs. | Boys | |
| 66 | 100 m | Backstroke | 15 - 17 Yrs. | Girls | |
| 67 | 100 m | Breaststroke | 15 - 17 Yrs. | Boys | |
| 68 | 50 m | Freestyle | 13 - 14 Yrs. | Girls | |
| 69 | 50 m | Breaststroke | 13 - 14 Yrs. | Boys | |
| 70 | 50 m | Backstroke | 15 - 17 Yrs. | Girls | |
| 71 | 50 m | Breaststroke | 15 - 17 Yrs. | Boys | |
| 72 | 50 m | Freestyle | 15 - 17 Yrs. | Girls | |
| 73 | 4 x 50 m | Freestyle Relay | Open | Boys | |
| 74 | 4 x 50 m | Medley Relay | Open | Girls | |
| 75 | 4 x 50 m | Mixed Free Relay | Open | Mixed | |



THUNDERBOLTS CUP

'Redefining School Sports Culture'



TABLE TENNIS (Singles)

The Competition

Categories : Boys and Girls – Under 12, Under 15 and Under 18
Date : 17-19 December 2024
Venue : GEMS Open Hall
Format : Knockout
Maximum participants : 128 in each category

Participating entry fee

Entry fee per participant: NRs. 500/- per participant

Rules and Regulations

- i. A match will be played in the best two out of three games format.
- ii. Tie Sheet draw will be held on 29th November 2024.
- iii. A game will be played to 11 points. A match will only be won when there is a difference of a minimum margin of 2 points.
- iv. Alternative serves every two points. After deuce, service alternates at every point.
- v. The ball has to be tossed straight up when serving.
- vi. Once the ball leaves the server's hand, it will be in play. It will count as the receiver's point if the ball is missed or mis-hit.
- vii. Serves can land anywhere on the receiver's side of the table.
- viii. If a served ball hits the net on the way over and otherwise legally bounces in play, it's a 'let' serve and is done over.
- ix. Touching the ball with your paddle hand is allowed.
- x. Touching the table with the non-paddle hand is not allowed.
- xi. The referee's call will be deemed final if any disagreement arises. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- xii. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xiii. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

Mohan D. Basukala, md.basukala@gems.edu.np : 9851043968
Sunil Maharjan, sunil.maharjan@gems.edu.np : 9860306264

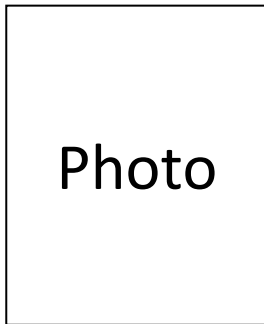


Table Tennis Registration Sheet

Name of the School :

Contact Person (Manager) :

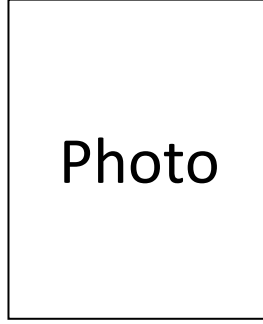
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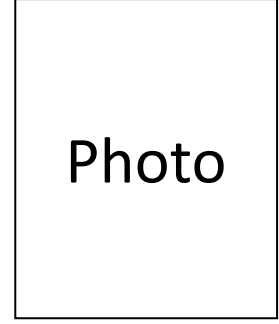
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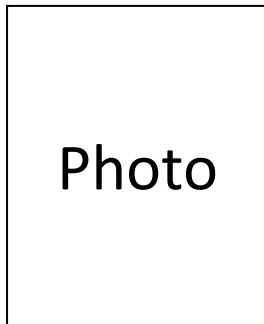
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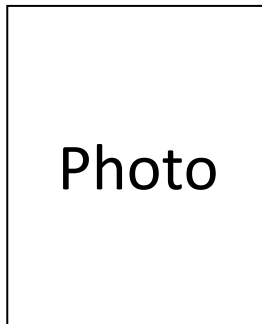
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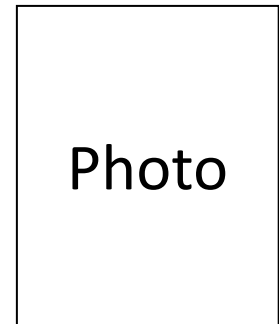
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THUNDERBOLTS CUP

'Redefining School Sports Culture'



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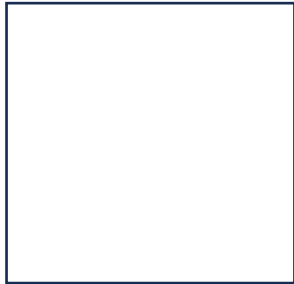
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School Stamp

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Principal's Signature



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Taekwondo

The Competition

| | |
|----------------------|--|
| Categories | : Weight wise bouts |
| Date | : 20 th December 2024 – Weighing and Tie Sheet Draw |
| | : 21 st December 2024 – Competition |
| Venue | : GEMS ECA Block |
| Format | : Knockout |
| Maximum participants | : 200 |

Participating entry fee

Entry fee : NRs. 500/- per participant

Rules and Regulations

- i. The WT Kyorugi and WTF rules will be applied.
- ii. For weighing and competition, students without valid ID card will be disqualified.
- iii. Registration form and entry fee have to be submitted by the deadline for a valid registration.
- iv. Only schools registered under the Nepal Taekwondo Association can participate.
- v. Participating athletes will be responsible for bringing and care of all personal equipment (Chest guard, sensor socks, groin guard for men, hand/shin guard, hand gloves and tooth guard). Organizing school will only provide head guards with visor.
- vi. If a student gets disqualified during weighing, no appeals for consideration will be entertained thereafter and registration amount will not be refunded.
- vii. National and International players cannot participate.
- viii. Only one student from one school in one weight category can participate.
- ix. The referee's decision will be final.
- x. In case of a protest, a deposit of NRs. 10000 within an hour of the incident must be submitted. The deposit will be returned if the protest is upheld by the jury.
- xi. Minor injuries will be looked after by the organizing committee and in-house Infirmarians but in case of major injuries, the participating schools have to bear the medical expenses themselves.
- xii. Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- xiii. Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

Maniraj Bista, mr.bista@gems.edu.np : 9851007803

Aashish Maharjan, aashish.maharjan@gems.edu.np : 9851159269



THUNDERBOLTS CUP

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Taekwondo Registration Sheet

Name of the School :

Contact Person (Manager) :

Contact number :

| S.N. | Name | Class |
|------|------|-------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

(Please make copies of this document if more than 10 students are participating)



School Stamp

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Principal's Signature



THUNDERBOLTS CUP

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Volleyball

The Competition

| | |
|-------------------------|---|
| Categories | : Under 18 Boys and Under 18 Girls |
| Date | : 18-22 December 2024 |
| Venue | : GEMS Volleyball Court |
| Format | : League cum Knockout |
| Maximum number of teams | : 12 in each category (including host school) |
| Team Composition | : 12 Players + 1 Coach + 1 Manager |

Participating entry fee

| | |
|--------------------|------------------------|
| Entry fee per team | : NRs. 5000/- per team |
|--------------------|------------------------|

Rules and Regulations

- Games will be played under FIVB rules.
- The Best Players of the tournament will be recognized.
- Tie Sheet draw on 29th November 2024.
- Each game will be played to 15 points on best of 3 format however the final will be played to 25 points on best of 3 format.
- A match will be played in a best two out of three set.
- Protests against referee's decisions will not be entertained. With reference to the procedure for protests, please refer to the tournament rules and regulations attached to the invitation.
- Minor injuries will be looked after by the organizing committee and in-house Infirmarians but in case of major injuries, the participating schools have to bear the medical expenses themselves.
- Entry fee must be paid along with the submission of the registration form before the deadline on 22nd November 2024.
- Snacks and lunch options will be available for purchase at the on-site stalls.

Contact details

| | |
|--|--------------|
| Utsav Khadka, utsav.khadka@gems.edu.np | : 9863819716 |
| Tirsana Sirpali, tirsana.sirpali@gems.edu.np | : 9766835108 |



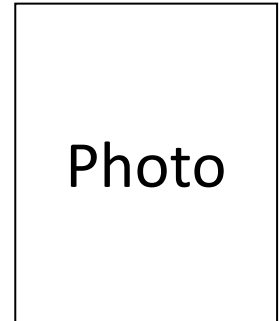
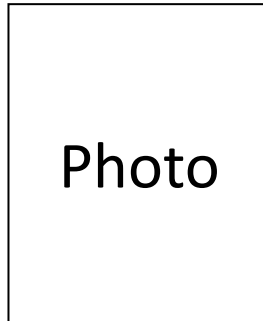
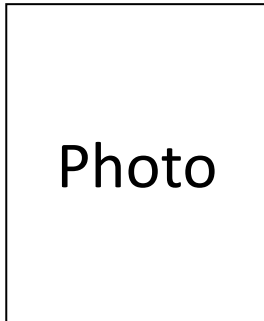
Volleyball Registration Sheet (Under 18 Boys)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



Name:

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Name:

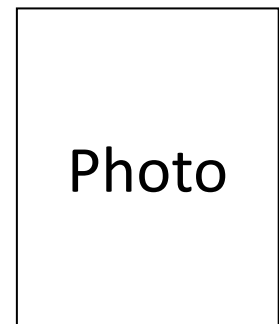
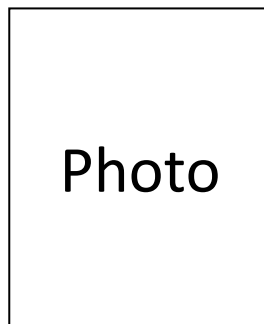
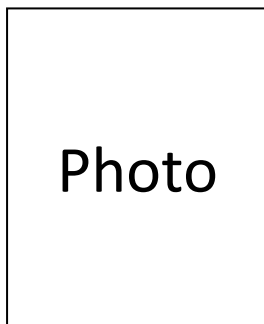
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'Redefining School Sports Culture'



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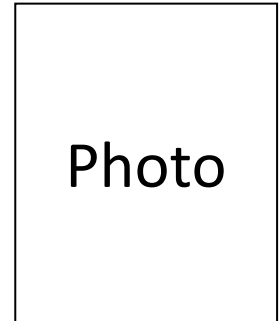
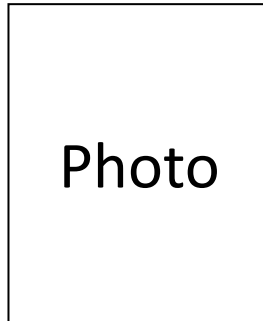
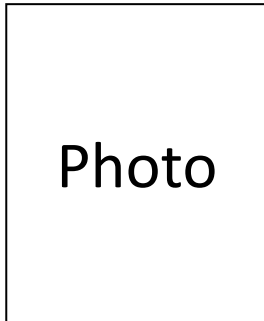
Volleyball Registration Sheet (Under 18 Girls)

Name of the School :

Contact Person (Manager) :

Contact number :

Coach :



Name:

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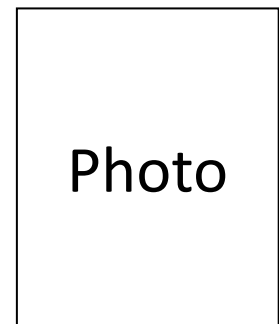
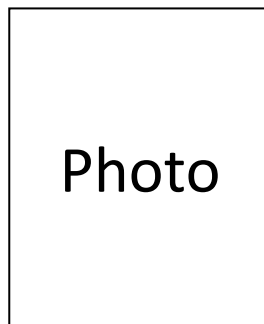
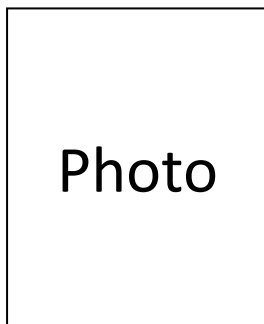
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