

||JAI SRI GURUDEV||

SRI ADICHUNCHANAGIRI SHIKSHANA TRUST (R)



# BGSNPS PRESENTS SECOND EDITION OF CARPE DIEM



INTER SCHOOL SPORTS FEST

22 & 23  
AUG

VENUE:

BGS NATIONAL PUBLIC SCHOOL  
HULIMAVU-560076

REGISTRATIONS OPEN!

# LIST OF EVENTS



S. No	Events	Category	Age criteria	Entry Fees
1	Basketball	U-18 Boys	Born on or after 1.1.2008	Rs.2000/-
		U-17 Girls	Born on or after 1.1.2009	Rs.2000/-
		U-15 Boys & Girls	Born on or after 1.1.2011	Rs.2000/-
2	Badminton	U-14 Boys & Girls	Born on or after 1.1.2012	Singles 300/- Doubles 1000/-
		U-17 Boys & Girls	Born on or after 1.1.2009	Singles 300/- Doubles 1000/-
		U-19 Boys & Girls	Born on or after 1.1.2007	Singles 300/- Doubles 1000/-
3	Football	U-11 Boys	Born on or after 1.1.2015	Rs.2000/-
		U-15 Boys	Born on or after 1.1.2011	Rs.2000/-
		U-18 Boys	Born on or after 1.1.2008	Rs.2000/-
4	Volleyball	U-15 Boys & Girls	Born on or after 1.1.2011	Rs.2000/-
		U-19 Boys	Born on or after 1.1.2007	Rs.2000/-
		U-18 Girls	Born on or after 1.1.2008	Rs.2000/-



# LIST OF EVENTS



S. No	Events	Category	Age criteria	Entry Fees
5	Throwball	U-14 Girls	Born on or after 1.1.2012	Rs.2000/-
		U-17 Girls	Born on or after 1.1.2009	Rs.2000/-
6	Chess	U-11 Boys & Girls	Born on or after 1.1.2015	Per student Rs.300/-
		U-14 Boys & Girls	Born on or after 1.1.2012	Per student Rs.300/-
		U-17 Boys & Girls	Born on or after 1.1.2009	Per student Rs.300/-
7	Table Tennis	U-11 Boys & Girls	Born on or after 1.1.2015	Rs.300/-
		U-14 Boys & Girls	Born on or after 1.1.2012	Rs.300/-
		U-17 Boys & Girls	Born on or after 1.1.2009	Rs.300/-
8	Yoga	U-11 Boys & Girls	Born on or after 1.1.2015	Individual Rs.300/- Group
		U-14 Boys & Girls	Born on or after 1.1.2012	Individual 300/- Group 1000/-
		U-17 Boys & Girls	Born on or after 1.1.2009	Individual 300/- Group 1000/-
9	March past	Class 12th & below	-	Rs.2000/-

# **GENERAL** **INSTRUCTIONS**



1. The Tournament will be conducted on knockout basis.
2. Bonafide students of your institution are eligible to participate in the tournament accompanied by Physical Education teacher.
3. The players must carry their School ID Card, Bonafide certificate from the school.
4. Participants should bring their photocopy of Birth Certificate and Aadhar Card without fail at the time of verification.
5. The entry form duly filled and signed by Head of the Institution with school seal.
6. Students must bring their own equipment for warm up.
7. All the participants are requested to reach the venue with their school flag by 08:00 am on 22nd August 2025.
8. All the prize winning teams (WINNERS & RUNNERS UP) should attend the prize distribution ceremony with full strength, to receive medals and trophies.
9. All teams should report to the referee 30 minutes before their scheduled match.
10. All the team players should play the matches with proper uniform (vests & shorts) with numbers on the front and the back of their vests.
11. Protests shall be entertained only after a payment of Rs.2000/-
12. The Organising Committee's decision will be the final decision.
13. A team shall not have any over aged players. If found, the particular team shall be disqualified from the tournament and the same will be intimated to the School Management and the Principal.
14. Any misconduct by a team or coach on the field shall result in disqualification from the tournament.





# **GENERAL** **INSTRUCTIONS**

15. In case of any change in the schedule of the tournament due to unavoidable circumstances, the organisers reserve the right to change the schedule.

16. If the matches are successfully held on the 1<sup>st</sup> day, but not held on the next day (2<sup>nd</sup> day) because of rain, the tournament will be abandoned and the entry fees will not be refunded.

17. Stall / Tuck shop available at the school upon purchase.

18. If any properties of the organizing venue is damaged then the team and coach are liable for the same.

19. Lunch will be provided for Coaches / Managers only.

All the participants will receive participation certificate on the same day.

20. All the winners & runners up from all discipline will receive Trophy / Medal & certificate.

21. Over all rolling-trophy will be awarded for the champions.

22. A player can participate in one discipline (game) only, except March-past.

23. Parents will not be allowed inside the campus to witness the tournaments.

24. Registration must be completed only on the scheduled time, no spot registration is allowed.

25. Entry must reach the school mail ID [sportscoordinatorbgsnps@gmail.com](mailto:sportscoordinatorbgsnps@gmail.com)

26. Last date for entry is on or before 10<sup>th</sup> August, 2025.

# BASKETBALL



## (RULES AND REGULATIONS)

- The tournament will be conducted on knockout basis
- Participants should carry School ID card and Bonafide certificate from the school.
- Participants should bring their Photo copy of Birth certificate and Aadhar card.
- Only one coach and one asst. coach or manager is allowed with the team.
- The entry form duly filled and signed by head of institution with school seal.
- All the teams are expected to report 30 minutes prior to the scheduled match, if a team reports late, then the match will be awarded to their opponents.
- If a player is found to be over the prescribed age, then the entire team will be disqualified from the tournament.
- Each match play with Four Quarter and Running time
- Players are not permitted to leave the playing court during play without official permission.
- The tournament will adhere to the rules and regulations set by BFI.
- Players must wear same team uniform, same jersey color, etc.,
- Referee decision is final. Protests shall be entertained only 15 minutes after the game.

For further information, connect :

Mr. Kumara PR

HOD & Basketball Coach cum PET,

Department of Physical Education

Contact No: 8792405850





# FOOTBALL

## (RULES AND REGULATIONS)



- Each school is allowed entry for one team only in each age category.
- In the knockout stage, if a match is tied at the end of regular time, a penalty shootout will be held with each team taking.
- For U-11 5A side (5v5) with 4 substitutes.
- For U-11 league round if the match ends as a draw there will be a penalty shootout for both teams 3 players on each side.
- For U-15 & U18 7A side (7v7) with 5 substitutes.
- For U-15 & U-18 will play on knockout rounds.
- There will be 2 referees for a match and no offside rules.
- Referee decision will be the final decision and the tournament will be according to the IFAB rules and regulations.
- For All categories, timings will be
- 15:5:15 (running time: 30 mins: - break time: - 5 mins)
- All team players should carry their respective school ID card along with the government recognized proof.
- Registration will close once the maximum limit of 8 teams for U15 & U18 and 4 teams of U11 team is reached.
- If a player is found over age, then the entire team will be disqualified from the tournament.
- To ensure the smooth conduct of the tournament, we kindly seek your co-operation and support.

For further information, connect :

**Mr. Bikash H**

**Football Coach cum PET**

**Contact No: 9366499201**

**Mr. Stephen**

**Football Coach cum PET**

**Contact No: 7019838011**

**Ms. Shruthi**

**Football Coach cum PET**

**Contact No: 8660807208**



# VOLLEYBALL

## (RULES AND REGULATIONS)



- The number of players representing a school shall not be more than 12 players.
- 15 points games (best of three sets) will be used for matches. At 19 points, the golden point rule takes effect after the deuce rule.
- Each set will be played to 25 points in the semifinals and finals, which will be best of three sets.
- The tournament will be conducted on knockout basis.
- Only one team per age group may be entered by each school.
- There will be one minute thirty second technical time-out in between each set of play.
- Match will be conducted on rotation rules.
- Players must wear same team uniform, same jersey color, etc.,
- The tournament will be conducted according to the VFI.
- Referee decision is final.

For further information, connect :

Mr. Mallesha

HOD & Volleyball Coach cum PET,

Department of Physical Education

Contact No: 9035180589





# BADMINTON



## (RULES AND REGULATIONS)

- Matches will be played in three sets for 15 points each. Golden point will be played at 15 for 15 points game. Matches will be conducted on 15 points till Semi final Semi final and final matches will be conducted in three set for 21 points.
- Each school can register maximum of 3 players for each category.
- Players must report to the court at least 30 minutes before
- Tournament organizer will be the final authority.
- Tournament will be conducted on knockout basis
- Latest BAI rules will be applicable.
- Badminton shoes (Non marking) are mandatory for all participants.
- Once the match is announced if the player fails to report on time walkover will be granted to the respective opponent.
- Matches will be played in MAVIS 350 shuttle.

For further information, connect :

**Mr. Suhas J P**

**Badminton Coach cum PET**

**Contact No: 9538789878**

**Mr. Sunil Kumar H B**

**Badminton Coach cum PET**



# THROWBALL

## (RULES AND REGULATIONS)



- The team should consist of 12 (9+3) players.
- Participants must report 30 minutes before scheduled time.
- Rules will be as implemented by the TFI
- The organizer will be authorized to modify the game rules to ensure sports effectively.
- Every match is best of 3 sets and 15 points until quarter finals. Semis and finals will play 25 points.
- Players must wear same team uniform, same jersey color, etc.,

For further information, connect :

**Mr. Mallesha**

**HOD & Volleyball Coach cum PET,**

**Department of Physical Education**

**Contact No: 9035180589**

**Ms. Sowumya S R**

**Basketball Coach cum PET**

**7904096307**







# CHESS

## (RULES AND REGULATIONS)

- The tournaments will likely follow the official rules of chess as established by FIDE.
- The time allotted for each game, including any time increments (Eg.25 Minutes + 05 seconds per move)
- Tie-break rules: how ties will be resolved in the event of a tie in points.
- Special rules: The tournament 3 wrong or illegal moves will eliminate the game.
- If a player touches a piece, they must move it if it's a legal move.
- Players must make their moves with one hand.
- Players are typically required to record.

For further information, connect :

Mr. Umesh G S

Chess /Table Tennis Coach cum PET

Contact No: 9113931645



# TABLE TENNIS



## (RULES AND REGULATIONS)

- The tournaments will likely follow the official rules of Table Tennis as established by ITTF.
- Scoring: games are played to 11 points, with a two-point advantage.
- Serving: The server must toss the ball upwards at least 16cm and ensure it bounces on their side before passing over the net.
- The match will be conducted on Best of 3 sets, for semi final & Final only 5 sets.
- Conduct: Players must maintain sportsman spirit behavior during matches.
- Alternative serves: Players alternate serves every two point.
- Let serves: If the ball hits the net but still lands on the opponent's side, it's a "let".
- Faults: If the server fails to make a correct serve, it's a fault and the server gets two changed to correct it.
- Only singles.

For further information, connect :

Mr. Umesh G S

Chess /Table Tennis Coach cum PET

Contact No: 9113931645





# YOGA

## (RULES AND REGULATIONS)



- Individual yoga event will be conducted for Boys and Girls category in : Under – 11, Under – 14 & Under - 17 age category
- Maximum 2 boys and 2 girls can participate in each category from each school for individual event.
- Group event will be conducted for Boys and Girls category in Under -11, Under – 14 & Under - 17 age category.
- For group event there must be 5 members in group out 4 can perform, if the team has only 4 members then the team will be disqualified.
- In group event, there will be 3 groups (A, B & C) at the time of the competition Asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.
- Three compulsory Asanas are to be performed in the given list of Group A, B, & C. In addition to this, two other Asanas of the competitor's choice are to be performed excluding compulsory Asanas. A total of 5 Asanas are to be performed by all the competitors. Each Asanas contain 10 marks and competitors will be given marks out of a total of 50 marks.
- The right to change the rules and regulations for the competition lies with the organizing committee alone.
- Suitable Yoga dress code will be considered for full mark.
- If the school participate in group event the players must wear same team uniform, same jersey color, etc.,
- The judge's decision is final.

Yoga Poses for all category

[https://docs.google.com/document/d/1JhrJRngliDCauimR7stqW3rXTx99RwdE\\_tP3T9sXBx4/edit?usp=sharing](https://docs.google.com/document/d/1JhrJRngliDCauimR7stqW3rXTx99RwdE_tP3T9sXBx4/edit?usp=sharing)

For further information, connect :  
Mr. J. James Benedict Sebastin  
Yoga Instructor  
Contact No: 9344533996



# MARCH-PAST



## (RULES AND REGULATIONS)

- **Formation and Timing:** Teams typically march in a designated formation, often in a column of fours, with a specific pace and rhythm.
- **Flag and Placard** Each team usually has a flag bearer and someone carrying a placard with the team's name.
- **Team Composition:** There may be minimum and maximum limits on team size, with specific gender ratios sometimes required.
- **Discipline and Appearance:** Teams are judged on their discipline, marching precision and overall appearance.
- **Judging:** Judges assess various aspects of the march past, including marching technique, synchronization and overall presentation.
- **Penalties:** Points may be deducted for lateness, improper attire or deviations from the prescribed marching style.
- **Final Results:** Results are often announced at the end of the competition, sometimes after the final event.





# MARCH-PAST



## (RULES AND REGULATIONS)

### • Specific Rules and Regulations (Examples):

**Punctuality:** Teams are expected to be present and ready to march at the designated time.

**Attire:** Teams may have specific dress code requirements, ensuring uniformity and a professional appearance.

1. Captain: To hold the school flag.
2. Vice-Captain: To hold the school placard.
3. March past contingent: 26-32 students.
4. Mixed teams (girls and boys) are allowed to participate.

For further information, connect :

**Mr Keerthiraj C S**  
Athletics Coach cum PET  
9740951473

**Mr Rahul Abhilesh I M**  
Skating Coach cum PET  
7406665778

**Mr Naveen Kumar T R**  
Cricket Coach cum PET  
9663240315

**Mr Adarsh Tiwari**  
Karate/Taekwondo Coach cum PET  
9871757566





# CARPE DIEM

## INTER SCHOOL SPORTS FEST

### Entry form links

Basketball, Football, Volleyball and  
Throwball:

<https://drive.google.com/file/d/1mmvvlg0Zji8Ka7XMakbLUXQxDrMpIYty/view>

Badminton, Table Tennis, Chess and Yoga

[https://drive.google.com/file/d/1ncy0NxfWg6DzKAf3l\\_fFqkARev4bpAWy/view](https://drive.google.com/file/d/1ncy0NxfWg6DzKAf3l_fFqkARev4bpAWy/view)

### PAYMENT



For further information, connect :

'Asiad' Dr. Rameshkumar Durairaju  
Former International Basketball Referee (FIBA)  
Sports Coordinator  
BGS National Public School  
Cell: 9886732030

