



EVENT INVITATION

27 | 28 | 29
SEPTEMBER

Respected Sir/Ma'am

It is with great honor that the Sports Society at International School Lahore invites you to the Legacy Edition of OLYMPUS, one of the biggest national level events where teams from all around Pakistan will compete, being held from the **27th to 29th September 2024**. Since time immemorial, sports has been a medium for our community to showcase examples of great camaraderie, teamwork and sportsmanship. Similarly, we hope to hold an event that tests not just individual skill but the ability to work in a team and synergize with others to attain a greater goal.

About Olympus

This chapter of OLYMPUS aims to leave its mark as one of the most competitive, challenging, exhilarating, and entertaining sportsfests in Pakistan. With a total of 18 sports testing different skills set to push you to your absolute physical and mental limits, Olympus hopes to weed out the gifted athletes and give them a platform to shine and showcase their skills.

I strongly believe that extra curriculums play a vital role in development of students as well rounded global individuals and leaders. ISL Olympus is going to be a new beginning for the youth in order to compete with best of the best and also engage in a healthy competition which will test their skills and potential to the fullest.

Regards,



Muhammad Ali Ameerudin | Principal International School Lahore - Pine Avenue

EVENT CATEGORIES



Cricket



Gaming



Football



Chess



Basketball



Arm Wrestling



Volleyball



Ludo



Throwball



Tug of War



Dodge the Ball



Strongman



Swimming



Scavenger Hunt



Badminton



Snooker



Table Tennis



Athletics

GENERAL RULES

1. Any team who is not on time for the match will be disqualified after 15 minutes.
2. Referees' call will be the final decision. Arguments will not be tolerated.
3. Delegates will be immediately disqualified on any misbehavior towards the referee during the match.
4. Any delegate who is found playing from a different team or institute will be disqualified with the whole team.
5. Teams must be in proper sports gear.
6. All participants must be within or either the following education level: O levels, A levels, Matric and intermediate. Age limit is of maximum 19 years old.
7. Students must bring proof of being part of the school they've registered from through the following documents; school ID, fee challan and/or certificate of bonafide.
8. All clauses mentioned in this document may be subject to change by the discretion of the management.
9. No private delegations will be entertained at ISL Olympus.

CODE OF CONDUCT

ISL OLYMPUS is committed towards providing all participants with an unforgettable experience as well as an inclusive environment for articulation and resolution. Thus, all participants are obligated to adhere to the following code of conduct:

- 1.** Use of offensive language or display of aggressive behaviour, will not be tolerated.
- 2.** Delegates must carry their ' ISL OLYMPUS SPORTSFEST ' tags at all times. Any delegate found without their tag, will be asked to leave the school premises immediately.
- 3.** Any delegate who is found playing from a different team or institute will be disqualified with the whole team.
- 4.** In case of any damage to school property, an appropriate penalty will be charged by the management.
- 5.** ISL OLYMPUS's Sports committee holds the right to disqualify any team/individual in case of a breach of the code of conduct.
- 6.** All delegates/officials must be in charge of their personal belongings.
- 7.** Delegates are not allowed to carry cigarettes, alcohol, vapes and any kind of drugs on campus. If a delegate is found in possession of any of the aforementioned materials, their entire team will be disqualified.
- 8.** Those found in violation of the aforementioned clauses; the equity committee along with the executive council holds the right to disqualify a particular delegate or a team with due discretion.

Cricket (Tape Ball)

- Each team shall consist of a maximum of 9 players (7 players, 2 substitutes).
- All matches will be of 3 overs.
- Each bowler can bowl a maximum of 1 over.
- All hard ball rules to be followed except LBW.
- One bouncer is allowed per over.
- All extras are considered such as wide, overthrow and no ball.

Football

- Each team shall consist of a maximum of 8 players (5 players, 3 substitutes).
- All matches will be of 20 minutes. (2 halves of 10 minutes).
- If the match ends in a draw, the result will be decided by 3 penalty kicks each.
- Direct free kicks are not allowed.
- 3 minutes' suspension on red card.
- Studs are not allowed.

Basketball

- Each team shall consist of a maximum of 8 players (5 players, 3 substitutes).
- All matches will be of 20 minutes (4 quarters of 5 minutes).
- Final will be of 40 minutes (4 quarters of 10 minutes).
- Each team is allowed 2 timeouts per match.
- 5 personal fouls will result in a player being ejected from the game.
- If a team commits four team fouls in the 4th quarter each additional foul will result in 2 additional free throws.
- All FIBA rules to be followed including 3 second rule.
- Running clock throughout match.

Volleyball

- Each team will consist of a maximum of 9 members (6 players, 3 substitutes).
- Each team is allowed 3 touches before the ball must be on opponent's side of the court.
- Crossing the line under the net will result in the opponent team getting a point.
- A player is not allowed to touch the ball 2 times during a rally.
- No attack is allowed on the serve.
- Crossing the line while serving will result in the opponent team getting a point.
- For all sets that reach a deuce, a team winning two consecutive points will win the set.
- Boys and girls matches will be best of 3 sets, each round of 15 points.
- Final match will be of 3 sets, each set of 25 points.

Mixed Volleyball

- Each team will consist of a maximum of 9 members (4 boys and 2 girls playing, 3 substitutes).
- Each team is allowed 3 touches before the ball must be on opponent's side of the court.
- Crossing the line under the net will result in the opponent team getting a point.
- A player is not allowed to touch the ball 2 times during a rally.
- No attack is allowed on the serve.
- Crossing the line while serving will result in the opponent team getting a point.
- For all sets that reach a deuce, a team winning two consecutive points will win the set.
- Boys and girls matches will be best of 3 sets, each round of 15 points.
- Final match will be of 3 sets, each set of 25 points

Strongman/ woman

1. Push-ups (Men / Women)

- Participants will be given 3 fouls, after which they will be disqualified.
- Push-up competitions will be based on a 1-minute round where the participant must do as many push-ups as they can within the time limit.
- Participants will be allowed to take a 2 second rest between reps.
- Participants must make a 90-degree angle for a complete push-up.
- If knees touch the ground it will lead to disqualification. No half reps will be allowed.

2. Circuit (Men)

- This category will consist of three exercises: 20 squats, 50 push-ups, 30 sit-ups.
- The participant completing the circuit in the shortest period of time will be declared the winner.
- During push-ups, knees touch should not touch the ground. Elbows should not be flared.
- During sit-ups, no half reps will be allowed. Feet should touch the ground.
- During squats, knees should not go in front of the toes. Participants are expected to keep proper form during conventional squats.

Throwball

- A team should consist of maximum 9 players (7 players, 2 substitutes).
- Each match will consist of 3 sets with 15 points each set.
- Each player will catch the ball using both hands but will throw with only one.
- Any fumble, body touch or double touch would be a foul and result in the opponent team scoring a point.
- Jump catches and services are not allowed.
- Any line cut while service will result in the opponent team scoring point.
- If the ball lands in the dead zone, then the opponent team gets a point.
- If the ball lands on the court lines, it is inside the court and the opponent team gets a point.
- A player must serve the ball within 3 seconds of the whistle and must return the ball within 3 seconds of catching.
- Failure to do so would result in the opponent team scoring a point.
- The player should throw with the same hand they use to catch the ball.
- After deuce, the teams will require 2 consecutive points to win the set.

Tug of war

- There will be 10 players in a team (8 players, 2 substitutes).
- If at any moment both hands of the player touch the ground, opposing team will be given the round win.
- Substitution will be allowed in between individual matches only.
Substitution is not allowed in between rounds once the match starts.
- No cleated or metal shoes are allowed.
- Weight limit is 680kg.

Table Tennis (Singles)

- The first player to score 11 points will be the winner.
- Each match will consist of 3 sets, 11 points each.
- Semi-finals and finals will consist of 5 sets, 11 points each.
- A player will take two serves before the ball switches to the opponent to serve, except during periods of extra play where it changes each time.
- The ball must bounce first in participant's court and then into the opponent's during the serve.
- The person taking the serve must throw the ball 6 inches vertically during the serve.
- The opponent must allow the ball to hit their side of the table before trying to return it.
- The ball must pass clearly from the net. If it clips the net and goes over, the serve is retaken.
- Any use of foul language deemed by the referee will result in a warning.

Table Tennis (Doubles)

- Toss will take place and the winning pair will have the right to serve.
- All services must be done in a cross.
- Each server will get 2 serves.
- Each game will be of 11 points (10 being the game point).
- All matches will be of 1 set except the finals which will be of 3 sets
- The rules may be changed/altered by the category head if required.
- Referee's decision will be the final decision.

Chess

- Each participant will be given 15 minutes with a 3-second increment.
- Each move must be made by one hand (either left or right).
- If a player touches a piece, he/she has to move it.
- If the player touches an opponent's piece, he/she has to capture it.
- When two pieces are touched, the first piece touched shall be moved.
- No takebacks are allowed once the move is played.
- The threefold repetition rule will be followed.
- Players are forbidden to make use of any notes, sources of information, or to analyze on another chess board.
- Tie Break1: Match points (2 for wins, 1 for Draws, 0 for Losses).
- Tie Break 2: Olympiad-Sonneborn-Berger- Tie-Break without lowest result (Khanty-Mansiysk).
- Tie Break 3: Points (game points).
- Illegal moves will face a time penalty of 2 minutes.

Ludo

- This will be an elimination style tournament.
- The board has 68 numbered boxes, 4 of them are safe zones, where any pawn can be placed.
- Players take turns in a clockwise order; highest throw of the die starts.
- The game will consist of a single piece, and dices.
- Throw of Six enables a turn.
- Two Sixes in a row eliminates the turn.
- A player must roll a Six to move their piece from the starting circle.
- If no piece can legally move according to the number thrown, play passes to the next player.
- If a player eliminates the opponents' piece, they will be rewarded with a bonus roll for that turn.
- If a piece travels around the whole board it arrives to the goal. To enter a piece to the goal, you have to roll the exact number of moves.

Arm Wrestling

- Boys weight categories: under 75kg right hand, free weight right hand, under 75kg left hand, free weight left hand.
- Girls weight categories: under 65kg, free weight.
- Matches have a best of 3 format.
- The shoulders of both players must be in a square position before the match starts.
- Competitors must keep one foot in contact with the floor at all times.
- Competitors must keep their non competing hand in contact with the peg at all times.
- A pin cannot be made if the elbow is out of the pocket.
- If any part of the players body such as shoulders, chin, or head touches the competing hands, it will result in a foul.
- A false start will be considered as a foul.
- Intentional slip outs will be considered as fouls.
- Three fouls in a single round will result in disqualification from the match.
- To make a winning pin you must touch your opponent to the touch pad.

Snooker

- A 6-ball game will be played.
- Flukes are allowed.
- Each participant must bring their own cue.
- All matches (except the final) will be Knockout matches.
- The final match will be a best-of-3 match.
- Double stick will be judged as a foul.
- After a snooker has occurred and failed to be broken by the opponent, the participant can choose either to ask the opponent to play again or take the shot himself.

Gaming

1. FIFA 24:

- 4 minute half (6 minute half for the final).
 - Full match to be played .
 - Custom formation, tactics, instructions are not allowed.
 - Penalties to be played if a match ends in a tie.
 - No pauses during play.
 - Injuries, handballs, manual keeping will be turned off.
 - Game speed: fast.
 - Camera: default (unless agreed to be changed by both players).
- Matches will be conducted on a knockout basis.

2. Tekken 7:

- 3 rounds' match.
- Combos setting default.
- Only default characters allowed (no unlocked versions).
- Time limit: 60 seconds.
- Stage: random.
- All matches will be 1v1.
- No pauses are allowed midgame.
- No DLC characters.
- Matches will be conducted on knockout basis.

3. Call Of Duty:

- 1v1 death matches will be held between players.
- Map: nuke town.
- Use of bots or cheats is strictly prohibited and if a player is caught using them, they will be immediately disqualified.
- Time limit will be set to 5 minutes.
- First player to reach 7 eliminations will win, if time runs out then the player with more eliminations will win.

Dodge the ball

- 6 a-side with two substitutes.
- Match will be best of 3 with rounds being 3 minutes each.
- An out/elimination of participant will be under the following reasons:
 - (a) Being hit by a ball.
 - (b) Dropping a catch.
 - (c) Setting foot on any of the four boundary lines.
- The team that takes the least amount of time to eliminate the members of the other team will win.
- If the opponent catches the ball, they may save a life.
- Shots hit above the shoulder area will be ignored.
- The Referee's decision will be final and any misconduct will see the delegate get punished.

Badminton (Singles)

- The game will commence with a coin toss. Whoever wins the toss will choose to have the side of their choice or the first service.
- The side gallery is always considered outside the court.
- The back gallery is always considered inside the court.
- The service must be diagonal and should land beyond the service line.
- The serve for odd score numbers i.e. 1, 3, 5 etc. must be from the left side of the court.
- The serve for even score numbers must be from the right side of the court.
- The service should be made from below the waistline, otherwise a foul will be given.

ATHLETICS (100m&200m)

- The race will start with a command: “on your marks” followed by “set” and “go”.
- The sprinter must begin the race with his feet on the starting blocks.
- False start is called when the feet of a runner leave the starting blocks before the starter’s call. On false start the sprinter will be disqualified.
- Any 100-meter and 200-meter sprinter who leaves his / her lane or obstructs the path of another sprinter will be disqualified from the race.
- There will be one winner and one runners up.

SWIMMING

- Swimmers must stick to their designated lane throughout the race.
- Disqualification on false start which occurs when a swimmer leaves the starting block or wall before the official signal is given.

SCAVENGER HUNT

- Each team must contain a minimum of 4 and maximum of 6 members.
- The aim of the delegates should be to complete the challenges and find all the clues.
- All team members must always stay with their team.
- No splitting while the hunt is in progress.
- There will be a total of 2 rounds.
- Round 1 will be an elimination round.
- Teams completing all the tasks in the shortest time will qualify for round 2.

Registration Details

Payment Structure

Delegation Fee: 2500

Sport	Fee
1 sport	1500
2 sports	1800
3 sports	2000

HOW TO REGISTER

Fill out the form provided below:

<https://form.typeform.com/to/WHEHoA92>

Bank Details:

JS BANK

PK51JSBL9507000002274634

MARKHOR SCHOOLS PINE AVENUE PVT LTD

For any queries please contact the following;

Registrations directors

Aimal manzar (03153739933)

Arsila sumbal (0319 4248866)

CONTACT US

Sports Head

Shahroz Alvi
(03219454470)

Registration Directors

Arsila Sumbal (0319 4248866)
Aimal Manzar (03153739933)

Subaiyal Khawaja (03280410000)
Muhammad Mohad (03318621862)

Event Heads

Fatima Ali
(03001901978)

Rahema Asim
(03104121825)

Sheikh Qasim
(03348405859)

Taqi Khawaja
(03332229993)

Email

studentaffairs.pa@isl.school