

APSACS SPORTS PROGRAMME

1. Centralized Sports Activities

Ser	Boys & Girls	Ser	Activities
a.	Cricket (both)	a.	100m Race
b.	Badminton (both)	b.	200m Race
c.	Hockey (both)	c.	400m Rally Race
d.	Squash (both)	d.	Long Jump
e.	Table Tennis (both)	e.	Short put
f.	Athletics* (both)	f.	Javelin
g.	Football (Boys Only)		
h.	Net Ball (Girls Only)		
i.	Basketball (Boys Only)		

2. Composition of Participant Groups

- | | | | |
|----|---|---|--------------------------------------|
| a. | Group – I* | – | Students Up to Cls V |
| b. | Group – II (Junior Team) * | – | Students of Cls VI to VIII |
| c. | Group – III (Senior Team) | – | Students of Cls IX-XII, O-A Level |
| d. | School / College Team
(for External Competition) | – | Selected players from Group II & III |

3. Centralized Sports Competitions

Ser	Competitions	Level of Participation
a.	Inter-House Competitions	Between the Houses, within a School
b.	Inter-School Competitions	Between the Schools, within a Region
c.	Inter-Regional Competitions	Between the Regions, within a Zone
d.	APSACS Championship (Inter-Zonal Competitions)	Between the Zones, at National level
e.	FBISE Tournaments	Between FBISE Affiliated Institutions, at National level
f.	Inter-Board Sports Competitions (IBCC)	Between different Boards, at National level
g.	External Competitions	At Provincial / National / International level

4. **APSACS Championship Zones, with their Kit Colour**

Ser	Zones	Zonal Colour	Regional Teams in each Zone
a.	Zone I	Yellow	Joint Staff HQ, E-in-C Br, QMG Br, AAD Comd
b.	Zone II	Orange	10 Corps, ISI, GHQ Zone, SSG
c.	Zone III	Red	11 Corps, Attock / Nowshera, PMA Kakul
d.	Zone IV	Light Blue	1 Corps, 4 Corps & 30 Corps
e.	Zone V	Maroon	2 & 31 Corps
f.	Zone VI	Purple	5 Corps & 12 Corps (as per the discretion of Governing bodies / formations)

5. **Honors and Awards.** In order to recognize and reward the outstanding achievements/performance in sports, awards are given to APSACS Players:-

- a. Winners of APSACS Championship
 - (1) APSACS Trophy
 - (2) Gold Medal for each player
 - (3) APSACS Appreciation Certificate for each player
 - (4) A token of appreciation for Coach/PTI/Sports Coordinator
- b. Runner-Up Team of APSACS Championship
 - (1) Silver Medal for each player
 - (2) APSACS Appreciation Certificate for each player
- c. Third Position Team of APSACS Championship
 - (1) Bronze Medal for each player
 - (2) APSACS Appreciation Certificate for each player