

Athletics and Sports Department

Athletics and Sports Department of Forman Christian College Lahore believe that physical activity is valuable and vital for its students that contributes to the educational purposes. Department offer a wide range of high-quality sports programs which encourages and facilitate students to realize opportunities for championship athletic participation, physical fitness, health and well-being.

Sports facilities offered by the department

There are adequate sports facilities and infrastructure on its campus. Such as, eight lanes standard 400m grass track, 25m swimming pool, five tennis courts, cricket, football, hockey and handball grounds. Besides this, a well-equipped gymnasium, table tennis hall, basketball, badminton and volleyball courts.

Athletics and Sports Supervisors

Mainly, Head of Women and Head of Men Sports are responsible for the supervision of women and male sports respectively. Both supervisors are responsible for overall sports activities at FC College.

Head of Women Sports encourage women students to actively participate in athletics, badminton, football, throwball, table tennis, tennis, volleyball, handball, swimming and basketball.

Head of Male Sports encourage male students to involve in athletics, body building, cricket, football, rugby weight lifting, boxing, basketball, volleyball, tennis, table tennis and swimming. They also supervise the overall sports program at FCC.

Along with both, Head of Health and Physical Education (Academic Side) is responsible for the maintenance of sports facilities, improve sports infrastructure and making sure sports equipment is available for the students.

Sports Coaches

Sports coaches are available for players to participate in inter-university tournaments and competitions. They provide trainings to the University and College teams after class hours and prepare teams for HEC intervarsity and BISE Lahore intercollegiate championships. They ensure that all players get an equal opportunity to take part in all team activities.

Ground Staff

Ground staff is responsible to prepare and maintain the sports facilities for matches and competitions. They closely work under the supervision of Head of Health and Physical Education.

Sports Grounds and Courts

Sports grounds are booked through Events and Facilities Reservation Office. The grounds are available for the University and sports events.

Students are allowed to play sports within the respective field. Students should only use the area marked for the sports they want to participate in. In case students found playing in irrelevant field will be asked to leave. Refusal to do so will result in disciplinary action and imposing fine Rs: 1000/-.

To play cricket, other than hard ball is not allowed. In order to play cricket teams must use cricket hard ball with proper kit. Failure to follow this rule may result in imposing fine Rs.1000/-

Swimming Pool

FC College has 25m pool available for campus community. Seasonal and monthly membership must be obtained in order to swim in university pool. The process of getting membership is given as below.

Process of getting swimming pool membership

1. Get membership form from Sports Office.
2. Submit your Seasonal / Monthly Dues in HBL Bank FC College branch.
3. Submit the membership form and the payment slip in Sports Office.
4. Membership card can be obtained in two days from the date of submission of forms.

Compulsory documents for all

- Two passport size photographs
- Copy of CNIC
- Payment receipt
- Copy of college ID card (In case of students and employee)
- Copy of alumni ID card (In case of alumni)
- Medical certificate from the doctor

Rules for the swimmers

1. Only members are allowed to use the swimming pool.
2. In case of any damage to the swimming pool infra-structure, gadgets and equipment, the vandalizers will pay the cost of damage or loss.
3. Members are responsible for their valuable items. Pool staff or sports department takes no responsibility for the loss.
4. There will be a life guard on duty, who is responsible for maintaining discipline at the pool. Members are requested to co-operate with the life guard.
5. Members must come in a proper swimming costume. Otherwise, life guard will not allow the member to swim.
6. Members must take shower thoroughly and proceed through the foot-bath to the pool.
7. Anyone with a contagious skin disease or infection will not be allowed to swim. The life guard and helpers will have the power to refuse such individuals from using the pool.
8. Children under 3 years are not allowed to swim and children from 4 to 10 years are allowed to swim with parents or coach.
9. Membership will be cancelled in case of pushing/ shoving/quarreling/abusive language/ molestation/testing other swimmers.

Membership fee for swimming

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|------------------------|------------|
| a) Seasonal Membership | |
| a. Students | Rs.1800/- |
| b. Alumni | Rs.11000/- |

c.	Non-formanites	Rs.14500/-
d.	Alumni families	Rs.33000/-
e.	Families of the non-formanites	Rs.43500/-
b)	Subscription for Monthly Membership	
a.	Students	Rs. 600/-
b.	Alumni	Rs.3600/-
c.	Non-formanites	Rs. 4800/-
iv.	Alumni families	Rs. 11000/-
v.	Families of the non-formanites	Rs. 14500/-
c)	Daily Fee	
a.	Daily fee for above mentioned	Rs. 200/-

Swimming pool timings

•	Beginners camp (Outsiders)	5:00am-9:00 am
•	Male students	9:00am-11:00 am
•	Female students	11:15am-2:00pm
•	Male students	2:30pm-4:00 pm
•	Private members /Alumni/Residents	4:15pm-5:40pm
•	Staff and Faculty members	5:40 pm-7:00 pm
•	Private Members and team members	
•	Faculty/Staff/Residents	7:00 pm-9:00 pm

Pool attendant is available at the pool for maintaining water safety equipment, cleaning shower rooms and pool. He is responsible for keeping record of chemical use.

Gymnasium

Campus community can use gymnasium, that is centrally air-conditioned and equipped with latest machinery. The gym is located in Lucas Center.

Rules for gym use

- Students must come in proper kit. (trouser, t-shirt and joggers)
- Students must enter their name and roll number in registers.
- Treadmills and elliptical trainer are available for women students.
- Children under 12 years are not allowed to enter in gym.
- Everyone must follow their allocated timing.
- Any damage to the gym property will be assessed by the gym attendant and vandalizer will have to pay the repair cost.
- Sitting idol in gym is strictly prohibited and gym attendant will forward the names of such people to Head of sports.
- Students must bring their College I.D. Cards.
- Gym attendant will make sure that listed rules are being followed. In case students/faculty/staff does not follow the set rules then gym attendant will report the case to Head of Sports who can ban the entry and forward the case to chief proctor or HR for disciplinary action.

Gym timing

- Staff & faculty members 6:00am-7:00 am
- Male students 7:00am-9:00 am
- Female students 9:00am-10:00 am
- Male students 10:00am-12:00 Noon
- Female students 12:00Noon-2:00 pm
- Male students 2:00 pm-4:00 pm
- Female students and women faculty & staff 4:00pm-6:00 pm
- Staff, faculty and residents 6:00pm-7:00 pm
- Male students 7:00pm-10:00 pm

Gym attended is present during above mentioned timing and he/she is responsible for supervising the gym equipment, ensure that students or campus community is following the set rules.

Table Tennis:

Table Tennis open for all FCCU Students from 9:00am to 6:00pm daily from Monday to Friday.

Basketball Court:

Basketball Court open for all FCCU Students from 6:00am to 10:00pm daily from Monday to Friday.

Intramural Sports Tournaments:

Intermediate students are allowed to create teams within their sections. Whereas, university students are allowed to create teams by their own will. There is no compulsion of creating teams according to the year they study.

Rules and Instructions:

No entry will be accepted after the decided date.

Draws will be held in the presence of captains.

Draws of matches will be circulated in course of time

Proper playing kit is compulsory for every game.

All tournaments will be played on a "Knock out" basis. However, if there are less than six teams in a tournament then the matches will be played on a "League" basis.

Intermediate team must be accompanied by house advisor, otherwise it will not be allowed to take part in the match.

University team must be accompanied by their captain.

The team cannot come late. Walk over will be given to opponent team in case the other team do not arrive to play with 20mins.

Protest if any, must be made in writing to the organizing committee within 30 minutes after the completion of the match.

Team Selection:

All teams will be selected by the coach in consent with the team captain during trials.
All team members must be bonafide students of the University or College.
Students must be within the age bracket specified by HEC and BISE Lahore
Must have CGPA above than 2.0
Students must have clear disciplinary record
Student under the contractual obligation of any provincial or federal departmental team is not eligible to participate in HEC and BISE Lahore tournaments.

Selection criteria of team captains:

The student must have actively participated in a variety of sports activities, programs and events.
Must have good standard of behavior.
Must have clear disciplinary record.
Ability to lead a team
Students must be in good academic standing with CGPA above 2.5
Students must be actively participated in team for two years
Represented FCCU at least two times in HEC sports competition and two times in Intramurals.
Strong sports background with high achievements
Regular in evening training camps
Team captain would be appointed for one year and take charge on 1st July.

Process of applying for the captain position

Students who fulfil the criteria may send their application and resume in the sports office within due date.

Applicants will be shortlisted by the Coach and Head of Sports

Captains will be called for the interviews and panel will be consists of Coach, Advisor of the respective sports and Head of Sports.

Participation in HEC and Lahore Board Tournaments:

Students are required to submit the required documents to the Captain and Coach.
Sports office will issue sports cards for the team members.
HEC forms will be signed by Registrar or Additional Registrar or Vice Rector
All documents should be handed over to the team manager of respective games to submit it to the HEC or BISE Lahore.
University will arrange transportation and also provide meals during the tournament.
Track Suits & kits will be provided during the tournament.

Participation in tournaments by other universities:

Teams can participate in other tournaments if they participate in HEC tournaments.

Rule for borrowing Sports Equipment:

Policies and Procedures: Students are required to deposit their Student I.D. cards at Sports office for borrowing sports equipment. Students without their student I.D cards would not be

able to borrow Sports Equipment from Sports Office. Only current students can borrow Sports equipment from the Sports Office.

Criteria for the Sports Awards:

At FCCU, Sports awards are being awarded to those students who are able to successfully qualify for the criteria and standards set by Sports Department.

Award of College Insignia:

Sportsmen who have fulfilled the following conditions shall be eligible for the recommendation by the supervisor and coach of recognized sports for the award of the college insignia.

In recommending the award of college insignia, the supervisor and the coach shall give due consideration to regularity and punctuality in practice and in the scheduled matches over a period of two years participation at BISE Lahore

The Henry Lal Sports Medal:

Sportsmanship, excellence in game and regularity in practice is the most highly prized sports award of the college.

Only to sportsman of exceptional ability and character on the basis of regular attendance at practice, faithfulness in training, good spirit, excellence and two-year outstanding performance in BISE Lahore competitions.

The Scholar-Athlete Award:

The Scholar and sports man of exceptional ability and character who is appearing for University examination.

Regular in practice, faithfulness in training, good spirit and excellence in a

Recognized college sports over a period of not less than three years.

Regularity in class and have high academic standings minimum 3.00 CGPA.

Shanky Lal sheets Sports Medal:

This medal will be awarded to sportsmen of excellence who contribute in maintaining the spirit of Sportsmanship through faithfulness in training, discipline, regularity in practice and good behavior on the playing field.

Students participated in HEC sports competitions for three years and performed outstandingly with CGPA not less than 2.7.

Certificate of Merit:

This certificate will be awarded to those who may not be eligible enough to earn a

College colors but have shown outstanding fidelity and service to the sports and team for which they have played. This certificate will be recognition of their services.