GULSHAN CLUB
PRESENTS

INTER CLUB
SPORTS CARNIVAL
2026

GULSHAN CLUB OLYMPIAD

GULSHAN CLUB OLYMPIAD 2026

An Inter Club Sports Carnival

26th November to 5th December 2026

GENERAL RULES & GUIDELINES



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

THE JOURNEY

GULSHAN CLUB OLYMPIAD 2026

The Gulshan Club Olympiad began in 2019 with a modest gathering of ten clubs, 337 participants and nine sporting events. It was founded on a simple but meaningful belief, that sport has the power to bring clubs and their members together, build friendships and create a spirit of healthy competition.

Since then, the Olympiad has continued to grow, with successive editions in 2022, 2023 and 2024 strengthening its reach, participation and reputation as an important inter-club sporting event.

The 5th Gulshan Club Olympiad in 2025 marked a major milestone in this journey. It brought together 22 clubs and 1,222 participants, competing across 17 sporting disciplines and 34 categories. From its beginnings with ten clubs, the Olympiad has grown into a much larger platform, welcoming more clubs, athletes and sporting enthusiasts from across Bangladesh and beyond.

Building on this success, Gulshan Club Limited is proud to present the 6th Gulshan Club Olympiad 2026. We look forward to making this edition bigger, more inclusive and more exciting, while encouraging greater participation, particularly among the younger generation.

The Olympiad is about much more than winning medals and trophies. It celebrates sporting excellence, teamwork, discipline, friendship, fellowship and mutual respect. It provides members of participating clubs with an opportunity to discover and develop their talents, build lasting relationships and experience the joy of sport.

At a time when young people need more opportunities to engage in healthy outdoor activities, we also see the Olympiad as an opportunity to promote an active lifestyle, positive values and a stronger sense of community.

We warmly welcome all participating clubs, members, athletes, officials, partners and supporters. Together, let us celebrate the spirit of sport and make Gulshan Club Olympiad 2026 another memorable chapter in this remarkable journey.



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

ORGANIZING COMMITTEE



M. A. Quader (Anu)
President



Tareq Rahman
Chairman



Tanveer Islam
Vice Chairman



Saad Rahim Chowdhury
Vice Chairman



Anaf Aziz
Vice Chairman



Mehran Hussain Chowdhury
Executive Member



Sabik Rahman
Executive Member



Mehedi Malek Sajib
Executive Member

GULSHAN CLUB

PRESIDENT
GULSHAN CLUB LIMITED

Message



It is with immense pride and heartfelt joy that I welcome all participating clubs, distinguished guests, athletes, and sports enthusiasts to the 6th Gulshan Club Olympiad 2026 - a celebration of sporting excellence, friendship, and unity.

I extend my sincere gratitude to all the participating clubs and athletes whose enthusiasm, dedication, and exemplary sportsmanship made last year's Olympiad such a memorable success. Your wholehearted participation has strengthened the bonds of friendship and camaraderie that make this gathering truly special.

Since its inception in 2019, the Olympiad has evolved into a cherished tradition, bringing clubs together through the unifying power of sports. Beyond medals and victories, it celebrates teamwork, mutual respect, perseverance, and the enduring friendships that transcend competition.

My heartfelt appreciation goes to our Organizing Committee, convenors, and volunteers for their tireless dedication, and to our valued partners, media partners, and well-wishers whose continued support brings this prestigious sporting celebration to life.

As we gather for another exciting edition, I am confident that Gulshan Club Olympiad 2026 will create new milestones, inspire future generations, and further strengthen the spirit of unity among our clubs. Together, let us uphold the true values of sportsmanship and carry this proud tradition forward.

I wish every athlete the very best and hope this Olympiad brings thrilling contests, remarkable achievements, and memories to cherish for years to come.

Let us unite through sports, celebrate the spirit of friendship, and pursue excellence together!

M. A. Quader (Anu)
President
Gulshan Club Ltd.

GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

Coordinator



Mehtaz Kamal Khan
(Food & Beverage)



Rezaul Haque (Razu)



Shahdab Hossain



Fareeha Chowdhury

Convenors



Zeeshan Khan
Convenor
Arm Wrestling
(Men's & Women's)



Syed Enayet Kabir
Convenor
Auction Bridge



Tahiya Zaman Chowdhury
Convenor
Badminton (Men's & Women's)



Mahira Husain Khan
Convenor
Basketball, Women's



Tazbir Salehin (Sohail)
Convenor
Billiard



Farhan Mehedi Anwar
Convenor
Cricket



Naved A Akhteruzzaman
Convenor
Chess



Eshrak-E-Moazzem
Convenor
Football



Faiaz Rahman
Convenor
Golf



Zeeshan Khan
Convenor
Marathon



Khandaker Arshaduzzaman
Convenor
Padel



Sarang Kumar Modi
Convenor
Pool



Rawan Ahmad Choudhury
Convenor
Power Lifting



Farhan Quddus
Convenor
Quiz



Latiful Bari
Convenor
Snooker



Ehsan-E-Moazzam
Convenor
Squash



Khandaker Ahsanuzzaman
Convenor
Swimming



Tanvir Pasha
Convenor
Tennis (Men's & Women's)



Adnan Tanvir Islam
Convenor
Table Tennis



Hameem Hasan (Joey)
Convenor
Entertainment



INTER CLUB SPORTS CARNIVAL 2026

GULSHAN CLUB OLYMPIAD

CHAIRMAN
GULSHAN CLUB OLYMPIAD
Message



Welcome to the Gulshan Club Olympiad 2026!

The success of last year's Olympiad has inspired us to make this year's event even bigger and better. In 2025, we welcomed more than 1,222 participants from 22 clubs across Bangladesh including our expatriate clubs, making it the biggest Olympiad ever hosted by Gulshan Club.

The introduction of the Running Trophy, new sporting events, and a silver medal category brought fresh excitement to the competition. These initiatives made the Olympiad more engaging and competitive while encouraging greater participation across clubs and sporting disciplines.

We are delighted to see our sponsors and partners extending even greater support this year, inspired by the success of the previous Olympiad. My sincere thanks go to all participating clubs, athletes, sponsors, partners, and members of the organising team for their hard work and commitment. I would also like to express my special appreciation to our President, M. A. Quader (Anu), whose direct involvement, guidance, and support have been instrumental in making this event possible.

This year, we are not simply seeking to repeat last year's success, we are moving forward with greater ambition, stronger support, and a deeper commitment to making the Olympiad 2026 a memorable event that brings together athletes, clubs, and supporters in the spirit of competition and fraternity. With new initiatives, wider participation, and the continued support of our clubs, partners, sponsors, and dedicated team, we look forward to creating an Olympiad that will be remembered with pride.

I look forward to welcoming everyone from 27 November to 5 December 2026 for another memorable Olympiad filled with sportsmanship, friendship, and healthy competition.

Let us come together to make the Gulshan Club Olympiad 2026 another great success.

Tareq Rahman
Chairman, Organizing Committee
Gulshan Club Olympiad 2025

GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

Co-Convenors



Faiza Anjum Ibrahim
Arm Wrestling
(Men's & Women's)



Md. Badrul Ameen
Co-Convenor
Auction Bridge



Nagir Ahmed Apurbo
Co-Convenor
Badminton (Men's & Women's)



Darin Hoq Aziz
Co-Convenor
Basketball, Women's



Tashfeen Ahmed
Co-Convenor
Billiard



Shah Rear Kibria
Co-Convenor
Cricket



Marjana Nushrat Nisha
Co-Convenor
Chess



Sameer Rahman
Co-Convenor
Football



Musawath Shams Zahedee
Co-Convenor
Golf



Dr Nawreen Jahan Rahi
Co-Convenor
Marathon



Shania Mahia Abedin
Co-Convenor
Padel



Wasif Shamsul Alamin
Co-Convenor
Pool



Shah MD. Adnan Haroon
Co-Convenor
Power Lifting



Nafisa Tarannum
Co-Convenor
Quiz



Asif Hanif
Co-Convenor
Snooker



Faraaz Abdur Rahim
Co-Convenor
Squash



Iftekhyrul Islam Chowdhury
Co-Convenor
Swimming



Md. Rafiul Haque (Rafi)
Co-Convenor
Tennis (Men's & Women's)



Imran Ahmed Sabid
Co-Convenor
Table Tennis



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

INTER CLUB SPORTS CARNIVAL 2026

GULSHAN CLUB OLYMPIAD

PARTICIPATING CLUB

ALL COMMUNITY CLUB LTD.

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UTTARA CLUB LTD.



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

GENERAL RULES & GUIDELINES

1. The club members (Permanent, Life, Donor and Voting Members) are eligible to participate along with spouses. In specific events, members' children may also be eligible to participate.
2. Each member/participant can only represent one club.
3. Team player names can be registered and changed until 12th November 2026.
4. Participant must be member of the respective Club for a minimum of 1 years prior to player registration date of 12th November 2026. Each participating club is required to submit its latest updated membership directory prior to the registration date.
5. All participating players are requested to be at their event premises half an hour before their event's starting time.
6. An Olympiad event may be cancelled by the committee for lack of playing teams (minimum of 4 teams required). The Host Club, Gulshan Club Ltd, is allowed to register two teams per event.
7. Current national and various league players will not qualify to participate in the Olympiad. However, if a player has been a member of the Club prior to becoming a professional player participant in various national and international tournaments, he/she will be exempt from this clause and will be allowed to participate in the Olympiad provided prior written intimation has been given and he/she has been a member as per Clause 4.
8. National & league players who have not played for 5 years running may qualify.
9. Each club team must nominate two points of contact (coordinator and co-coordinator) by 3rd November 2026, with whom the Olympiad Committee can communicate via WhatsApp & Email regarding all tournament matters.



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

GENERAL RULES & GUIDELINES

10. All players must carry valid NID card/driving license & Club ID during the tournament.
11. Gulshan Club Ltd. has graciously offered 40% discount on the Club Residence & Guest House for all participating players and team managers from outside Dhaka on a first-come, first-served basis.
12. Club residences must be booked by 15th November 2026, please contact the Residence Operation Manager at 01404 459 317.
13. All clubs are requested to incorporate the “Olympiad Logo” on the right chest & respective club logo on the left side of their jerseys.
14. All participating clubs must display the official banner of Gulshan Club Olympiad 2026 in a prominent location within their Club premises from 20th November 2026 to 5th December 2026 to ensure maximum visibility.
15. All clubs are requested to email their club logos in AI format to olympiad@gulshanclub.com by 3rd November 2026.
16. The organizing committee reserves the right to amend the rules, the venues & dates as and when required.
17. Please use olympiad@gulshanclub.com for all Olympiad related correspondence and communication.
18. All rules and by-laws will be available on the GCL Olympiad website www.gulshanclubolympiad.com
19. All players are required to complete their registration on the Gulshan Club Olympiad website by the link *www.gulshanclubolympiad.com/registration* using the User Name and Password provided by GCL.



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

ARM WRESTLING

1. This event is open for Members (Permanent, Life, Donor) and their Spouse only.
2. It will be a team championship in a knockout format. (Both Right and Left handed players are eligible to play for Males and for Females, only Right Handed Players are eligible).
3. Each club can register up to 2 (two) players for each category.
4. The Male Weight Categories are as follows: (Right and Left Handed Players).
   a. Up to 65-70kg
   b. Up to 70-75kg
   c. Up to 75-80kg
   d. Up to 80-85kg
   e. Up to 85-90kg
   e. Over 90kg
5. The Female Weight Categories are as follows: (Right Handed Players Only).
   a. Up to 55-65kg
   b. Up to 65-75kg
   c. Over 75kg
6. Safety & Technical Rules:
   a. Fingernails must be trimmed, no jewelry or accessories allowed during matches.
   b. Wristbands or elbow supports are permitted exclusively with prior approval from the referees.
   c. All matches will be officiated by certified referees and decisions will be final.
7. The decision of the Tournament Committee will be final.

Convenor: Zeeshan Khan, PZ-27 | **Co-Convenor:** Faiza Anjum Ibrahim, PZ-40



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

AUCTION BRIDGE

1. This event is open for Members (Permanent, Life, Donor) and their Spouse only.
2. Each club may register a maximum of 2 (two) teams and a minimum of 1 (one) team. Each team must have 2(Two) players.
3. The Scoring will be done following the World Bridge Fedaration.
4. In the event of a walkover or no-show, the team failing to appear or concede the walkover shall be awarded a loss, and the opposing team shall be declared the winner.
5. The decisions of the referee are FINAL and no appeal against the decisions shall be entertained.
6. All players are requested to sit at the designated table prior to 5 minutes of any new session.
7. Talking in a loud voice while playing a session is strictly prohibited.
8. In case of any impropriety / cheating / fraud committed by the any player will disqualify the team.
9. The decision of the Tournament Committee will be final.

Convenor: Syed Enayet Kabir, PS-103 | **Co-Convenor:** Md. Badrul Ameen, DM-13



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

BADMINTON

1. This event is open for Members (Permanent, Life and Donor) and their Spouse.
2. Each team can include maximum 1 player who is a child of a member.
3. It will be a Team Championship in a knockout format.
4. Each Men's, Women's and Mixed Doubles team matches will consist of:
   a. Men's Doubles Team
      - 3 (three) Open Doubles matches
      - No player can play more than one Doubles match.
      - Minimum number of Players per Team is 6 (six) for Men's Team to be registered.
      - Maximum number of Players per Team is 7 (seven), to be registered, 1 (one) as backup player.

   b. Women's & Mixed Doubles Team
      - 2 (two) Open Doubles and 1 (one) Mixed Doubles matches.
      - One Female player can play two Doubles with different partner or one Doubles and one Mixed Doubles match.
      - Minimum number of Players per Team is 5 (five) - 4 Female and 1 Male for Women's & Mixed Doubles Team to be registered.
      - Maximum number of Players per Team is 6 (six), to be registered, 1 (one) as backup player.
5. Each Men's Doubles, Women's Doubles & Mixed Doubles match will consist of a best of 3 (three) Sets of 21 (twenty-one) points.
6. All players must wear indoor badminton court shoes.
7. The decision of the Tournament Committee will be final.

Convenor: Tahiya Zaman Chowdhury, PT-60 | **Co-Convenor:** Nagir Ahmed Apurbo, AN-53



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

BASKETBALL WOMEN'S

1. This event is open for Members (Permanent, Life, Donor) and their Spouse and Children.
2. Minimum of 5 (five) players per team – if there are less than 5 (five) then an automatic forfeit will be given to the other team with a score of 20 (twenty) to 0 (zero) points.
3. Maximum of 12 (twelve), players (including the Manager) per team to be registered.
4. Minimum of age 14 (fourteen) years old by and there is no maximum age limit.
5. Each team will need to have a minimum of 3 (three) players who are either Club members or a spouse or child of a member. The remaining players can be friends of the members provided they meet the above criteria.
6. Each game will be played over 4 (four) quarters with each quarter being 10 (ten) minutes. There will be a running clock throughout except for the last 2 (two) minutes of each quarter.
7. The decision of the Tournament Committee will be final.

Convenor: Mahira Husain Khan, PM-305 | **Co-Convenor:** Darin Hoq Aziz (PA-265)



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

BILLIARDS

1. This event is open only for Members (Permanent, Life, Donor) and their Spouses.
2. Each club may register a minimum of 2 (two) and a maximum of 3 (three) players for the event.
3. It will be a Team Championship in a knockout format.
4. Match Format:
   a. Matches will be played in a knockout format (best of 3 games). Each game will be for 100 points, unless otherwise specified by the organizers.
   b. Standard International Billiards Rules will apply.
5. Equipment & Dress Code:
   a. Standard snooker cues (personal cues allowed).
   b. Dress code: collared shirt, waistcoat (if applicable), formal trousers & shoes. No jeans or sneakers.
6. Conduct & Discipline:
   a. Silence must be maintained in the hall during play.
   b. Unsportsmanlike conduct may result in frame or match forfeiture.
   c. Mobile phones must remain switched off at the table area.
7. Reporting Time:
   a. Teams must report 30 minutes before match time for registration and practice.
   b. Late arrival may result in walkover to the opponent.
8. The decision of the Tournament Committee will be final.

Convenor: Tazbir Salehin, LT-7 | **Co-Convenor:** Tashfeen Ahmed, PT-31



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

CRICKET (T-10)

1. This event is open for Members (Permanent, Life, Donor) and their spouses.
2. Each team can play 3 (three) players who are Children of Members (associated members / dependents).
3. Participating Teams can play a wicket-keeper who is not a Member of the Club, but the wicket-keeper will not be allowed to Bat or Bowl.
4. A squad of a minimum of 11 and a maximum of 15 players needs to be registered for Participation.
5. Teams will be able to declare one super sub out of the 15 man squad. The super sub will be the 12th man. If the team elects to use the super sub as a bowler then he cannot bat. If they elect to use the super sub as batter then he cannot bowl or field. However, the super sub cannot participate in the match before the 6th over of the innings.
6. Each team needs to assign 1 manager who can be within the squad (playing manager) or outside the squad.
7. Each match will be 10 (ten) overs per innings.
8. In the event of a wide or a no ball during regular play, 4 runs will be awarded to the batting side. However, the ball will count.
9. If a wide or a no ball is bowled in the LAST over of an innings, normal ICC rules will apply.
10. Ends will not change for 5 overs of a bowling innings in the interest of saving time.
11. Bowlers are restricted to a maximum of 2 overs each in an innings.
12. Illegal actions / chucking will NOT be tolerated under any circumstances and will be called as a no ball (4 runs) by the umpire.
13. Runners will not be allowed under any circumstances.
14. A maximum of 2 substitute fielders can field at any given time (from within the 15th man squad. Only in the case of a team utilizing a batting super sub that player cannot field as a substitute.
15. The decision of the Umpires will be final during the matches.
16. The decision of the Tournament Committee will be final.

Convenor: Farhan Anowar, PF-47 | **Co-Convenor:** Shah Rear Kibria, PS-410



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

CHESS

1. This event is open for Members (Permanent, Life, Donor) and their Spouse.
2. Each Club can register 1 (one) player who is the Child of a Member.
3. Minimum number of Players 1 (one), to be registered.
4. Maximum number of Players 2 (two), to be registered.
5. International rules and regulations will be followed.
6. Tournament Rules:

   The Tournament will be played 5 Rounds Swiss System which will be held FIDE (International Chess Federation) the official laws of chess.

   a. Prohibition of Electronic Devices.
   b. Touch and Move.
   c. Clock.
   d. Single-handed move.
   e. Casting.
   f. No leaving during moves.
   g. Three fold Repetition claim.
   h. Pawn Promotion.
   i. Illegal move & Penalties.
   j. Time Control: 10+5 or 15+5 (Each game).
7. Arbiter will make final decision on every chess game.
8. The decision of the Tournament Committee will be final.

Convenor: Naved A Akhteruzzaman, PN-114 | **Co-Convenor:** Marjana Nushrat Nisha, PM-293



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

FOOTBALL (7 A SIDE)

1. This event is open to all Members (Permanent, Life, Donor) & their Spouse.
2. Each team can register maximum 3 players who are children of members.
3. The squad will consist of minimum 7 players and maximum of 11 players, including substitutes.
4. During play, 7 players are allowed on the pitch & 4 players on the bench.
5. Total number of groups will be based on the number of the clubs participating.
6. The teams will play ten (10) minutes a half, with a five-minute break during the group stage.
7. Teams playing in the quarter finals and / or semifinals will play twelve (12) minutes a half, with a five-minutes break.
8. The Final will be a 30-minutes match with fifteen (15) minutes each half, with a five-minutes break.
9. The points are applicable in the group stage only and will be awarded as follows:
   a. 3 points for a win
   b. 1 point for a draw
   c. 0 point for a loss.
10. In the event of a "walkover", the game will be counted as a 3-0 loss for the team that has given the walkover.
11. If two or more teams tie for a place in the group, the team with the highest goal difference will be placed higher in the group.
12. Should the teams still tie-on goal difference, the teams scoring the higher number of goals will gain higher in position.
13. Should the teams still tie-on higher goals scored, the teams conceding fewer number of goals shall be placed higher in the group. In the event that the teams are still tied after applying the above rules and in the above order, a toss of the coin shall decide the placing of the teams.
14. Rolling substitution is allowed. A player may be substituted and re-substituted any number of times. However, every time a substitution is made, the outgoing player must be out of the playing area before the next player steps into the field.
15. The decisions of the referee are FINAL and no appeal against the decisions shall be entertained.
16. Players CAN NOT play with bare foot and boots with spikes are not allowed.
17. A player shown a RED Card is suspended for the next match.
18. Teams must report 15 minutes before the start of their match.
19. No sliding tackle is allowed. This may result in an immediate Yellow Card.
20. The decision of the Tournament Committee will be final.

Convenor: Eshrak-E-Moazzem, PE-21 | **Co-Convenor:** Sameer Rahman, PS-327



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

GOLF

1. This event is open for Members - Permanent, Life and Donor only.
2. Team Formation REGULAR:
   - Each team will have a minimum of 2 players and a maximum of 3 playing members. Top 2 scores out of the 3 will be taken for final score calculation.
   - Proof of handicap will be required with an associated BGF (Bangladesh Golf Federation) ID.
3. Team Formation SENIOR (Age 60+ years):
   - Each team will have a minimum of 2 players and a maximum of 3 playing members. Top 2 scores out of the 3 will be taken for final score calculation.
   - All other team rules will be the same as the regular teams.
4. Tournament Format:
   - Tournament will be played in Stroke Play Format with a full handicap.
   - Tournament will be played over 18 Holes for Regular Category and 9 Holes for Senior Category.
   - Tournament will be played in Full handicap. In case a player cannot show proof of BGF ID handicap, his or her handicap will be assumed to be Zero (0).
   - Maximum Handicap Men – 24, Ladies – 36.
     Handicap will be adjusted if a player decides & qualifies to play from a different colored tee box.
     Example – If a Regular Team Member has a listed BGF Handicap from Blue Tee however he decides to play from Yellow Tee his handicap will be reduced and if Listed Handicap is from Yellow tee but the player decides to play from Blue Tee then his handicap will be increased.
   - Tee-box Designation: Men – Blue, Ladies – Red, Seniors – Yellow.
5. Results:
   - Regular Team – The best 2 scores out of 3 NETT Scores from a team will be totaled. The LOWEST accumulated points by a team will be declared the winner.
   - Senior Team – The best 2 scores out of 3 Nett Scores will be added and the LOWEST accumulated points by a team will be declared the winner.
6. Rules:
   - As governed by the International Golf Rules (R&A) and local golf rules where applicable.
   - Decisions given by ground rules officials will be final when a game is ongoing.
   - Golf Carts are allowed for use.
   - Final Results will be circulated via official Olympiad channel by 8PM on game day.
7. The decision of the Tournament Committee will be final.

Convenor: Faiaz Rahman, PF-143 | **Co-Covenor:** Musawath Shams Zahedee, PM-447



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

MARATHON

1. This event is open for Members (Permanent, Life, Donor) and their Spouse & Child over 21 years.
2. Each club may register a minimum of 4 (four) players and a maximum of 5 (five) players.
3. Total Distance 5 KM Run
4. Strictly No Wheels: Strollers, tricycles, rollerblades, and bicycles are forbidden on the running route (exception: official medical/security vehicles).
5. Course Integrity: Runners must follow the designated route signs and directions given by route marshals. Cutting corners or taking vehicular shortcuts results in instant disqualification.
6. Sportsmanlike Behavior: As an elite community event, any unsportsmanlike behavior or failure to follow marshals' instructions will result in the forfeiture of medals and potential review by the Organizing Committee.
7. Hydration Booths: Fully staffed water stations will be positioned at the start/finish line and at the 2.5 KM turnaround mark.
8. Post-Race Refreshments: Complimentary Refreshments boxes and event medals will be distributed at the finish line inside the club premises upon presentation of the official race bib.
9. The decision of the Tournament Committee will be final.

Convenor: Zeeshan Khan, PZ-27 | **Co-Covenor:** Dr Nawreen Jahan Rahi (PF-74)



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

PADEL

1. This event is open only for Members (Permanent, Life and Donor) and their Spouses.
2. Each team can include maximum 1 player who is a child of a member.
3. It will be a Team Championship in a knockout format.
4. Each Men's and Women's + Mixed Doubles team matches will consist of:
   a. Men's Team:
      - 3 (Three) Open Doubles matches
      - No player can play more than one Doubles match.
      - Minimum number of Players per Team is 6 (six) for Men's Team to be registered.
      - Maximum number of Players per Team is 7 (seven), to be registered, 1 (one) Player as backup player.

   b. Women's & Mixed Doubles Team:
      - 2 (Two) Open Doubles and 1 (One) Mixed Doubles matches.
      - One female player can play two Doubles with different partner or one Doubles and one mixed Doubles match.
      - Minimum number of Players per Team is 5 (five) - 4 Female and 1 Male for Women's & Mixed Doubles Team to be registered.
      - Maximum number of Players per Team is 6 (six), to be registered, 1 (one) Player as backup player.
5. Each Doubles match will consist of 1 Sets, race to 6 games with a difference of 2 games. If score is tied at 6-6 games, a Tie Breaker of 7 points will be played with a difference of 2 points. Team who wins 2 Sets out of 3 as a Team will qualify for next round.
6. The total number of Groups will depend on the final number of clubs participating.
7. All players must wear appropriate court shoes and bring their own Padel racquets.
8. The decision of the Tournament Committee will be final.

Convenor: Khandaker Arshaduzzaman, AK-24 | **Co-Convenor:** Shania Mahia Abedin, PS-458



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

POOL

1. This event is open for Members (Permanent, Life, Donor) and their Spouse.
2. Minimum number of Players 2 (two) and Maximum number of 3 (three) to be registered. One player can be in reserves.
3. It shall be an 8 Ball Doubles tournament.
4. Best of 7 (Seven) frames in a group stage. Best of 9 (Nine) frames for the next stages.
5. Equipment & Dress Code:
   a. Standard snooker cues (personal cues allowed).
   b. Dress code: collared shirt, waistcoat (if applicable), formal trousers & shoes. No jeans or sneakers.
6. Conduct & Discipline:
   a. Silence must be maintained in the hall during play.
   b. Unsportsmanlike conduct may result in frame or match forfeiture.
   c. Mobile phones must remain switched off at the table area.
7. Reporting Time:
   a. Teams must report 30 minutes before match time for registration and practice.
   b. Late arrival may result in walkover to the opponent.
8. The decision of the Tournament Committee will be final.

Convenor: Sarang Kumar Modi, PS-439 | **Co-Convenor:** Wasif Shamsul Alamin, PW-19



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

POWER LIFTING

1. This event is open for Members (Permanent, Life, Donor) and their Spouse only.
2. There will be three categories: Squat, Bench-press and Dead Lift.
3. Each club may register a minimum of 1 (one) and a maximum of 3 (three) participants per category.
4. Weight Categories are as follows:
   a. Up to 55-70kg
   b. Up to 71-85kg
   c. Up to 86-96kg
   d. Over 96kg
5. Participants may register for one or both categories.
6. The top two lifters from each group/category will qualify for the final round.
7. Each participant will get three attempts per lift, with the best successful lift being counted.
8. Winners will be determined based on maximum successful lift weight.
9. In the event of a tie, the participant with the lower body weight will be ranked higher.
10. All lifts must follow the standard rules and techniques defined by the Bangladesh Powerlifting Federation.
11. Any lift that violates form, timing, or safety rules will be declared a "No Lift" by the officiating judges.
12. The decision of the Tournament Committee will be final.

Convenor: Rawan Ahmad Choudhury, PR-187 | **Co-Convenor:** Shah Mohammed Adnan Haroon, PS-289



GULSHAN CLUB

GULSHAN CLUB
OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

QUIZ

1. This event is open for Members (Permanent, Life, Donor) and their Spouse only.
2. Each team may have a minimum of 4 players to a maximum of 6 players.
3. 6-round quiz: History, Geography, Lifestyle, Sports, Video & Rapid-Fire round.
4. Each round will have 7 questions with a total accumulation of 30 points.
5. Each team will be given answer sheets except for the “Rapid Fire” round.
6. After each round answers are graded and scores go up on the scoreboard.
7. Each team selects one player to go to the stage for the rapid-fire round.
8. Each question has a 5-second time limit to answer.
9. Rapid-fire questions will be a mix of “true & false” & objective answers.
10. The total points will determine the winner, runner up and 1st runner up position.
11. All mobile phones must be placed in the basket provided at each table.
12. Any team found using their phones during play will be disqualified.
13. All answers must be in legible English and half-written answers will not be given a point.
14. The decision of the Tournament Committee will be final.

Convenor: Farhan Quddus, PF-88 | **Co-Convenor:** Nafisa Tarannum, PN-53



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

SNOOKER

1. This event is open only for Members (Permanent, Life, Donor) and their Spouses.
2. Each club may register a minimum 2 (two) registered players, maximum 3 (three). One additional reserve player may be Register.
3. It will be a Team Championship in a knockout format.
4. Match Format:
   a. Matches will be played in best of 5 frames:
      - Frame 1 – Singles - Player A vs Player A
      - Frame 2 – Singles - Player B vs Player B
      - Frame 3 – Doubles vs Doubles
      - Frame 4 – Singles - Player A vs Player B
      - Frame 5 – Singles - Player B vs Player A

   b. Winning 3 frames wins the match.
5. Equipment & Dress Code:
   a. Standard snooker cues (personal cues allowed).
   b. Dress code: collared shirt, waistcoat (if applicable), formal trousers & shoes. No jeans or sneakers.
6. Conduct & Discipline:
   a. Silence must be maintained in the hall during play.
   b. Unsportsmanlike conduct may result in frame or match forfeiture.
   c. Mobile phones must remain switched off at the table area.
7. Reporting Time:
   a. Teams must report 30 minutes before match time.
   b. Late arrival may result in walkover to the opponent.
8. The decision of the Tournament Committee will be final.

Convenor: Latiful Bari, PL-2 | **Co-Convenor:** Asif Hanif, PA-99



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

SQUASH

1. This event is open for Members (Permanent, Life, Donor) and their Spouse only.
2. Three players will contest in a match which must include one over 40 years.
3. There can be one additional player as a reserve.
4. The team will be a maximum of four from which three can play in any one match.
5. Matches will be best of three sets. The semi-final and final will be best of five sets.
6. All three games must be played. The winner of a game will be allotted one point.
7. Teams with the highest points in a group will qualify for the semifinals.
8. Semi-final will be on a knockout basis.
9. Each game will be based on international 11 points.
10. The decision of the Tournament Committee will be final.

Convenor: Ehsan-E-Moazzam, PE-15 | **Co-Convenor:** Faraaz Abdur Rahim, PF-108



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

SWIMMING MEN'S

1. This event is open for Members (Permanent, Life, Donor) and their Spouse and Children.
2. Each club can enter 1 (one) swimmer who is the child (minimum 21 years) of a member.
3. Minimum 1 (one) swimmer to be registered and maximum 2 (two) swimmer may be registered, under each category.
4. The swimming style will be FREESTYLE STROKES.
5. Race Categories:

Category	Age Group	Laps	Meters
A	21 – 40	2	40
B	41 - 60	2	40
C	Open	4	80

6. The decision of the Tournament Committee will be final.

Convenor: Khandaker Ahsanuzzaman, PK-65 | **Co-Convenor:** Iftekhyrul Islam Chowdhury PI-29



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

TENNIS

1. This event is open for Members (Permanent, Life, Donor) only.
2. It will be a Team Championship in a knockout format.
3. The Men's Team matches will consists of:
   - 2 (two) Open Doubles matches.
   - 1 (one) Open Singles.
   - No player can play more than one match.
   - Minimum number of Players per Team is 5 (five) for Men's Team to be registered.
   - Maximum number of Players per Team is 6 (six), to be registered, 1 (one) Player as backup player.
4. The Women's & Mixed Doubles Team matches will consists of:
   - 1 (one) Open Women's Doubles and 2 (two) Open Mixed Doubles matches.
   - 2 (two) Female player can play one Doubles and one Mixed Doubles match each.
   - Minimum number of Players per Team is 4 (four) - 2 Female and 2 Male for Women's & Mixed Doubles Team to be registered.
   - Maximum number of Players per Team is 5 (five) – 3 Female and 2 Male can be registered - 1 (one) Female Player as backup player.
5. Each match consists of best of 15 games or a race to 8 games. In case of 7 games all (7-7), a tie-breaker (minimum difference of 2) will decide the winner. Only the Semifinal & Final will be the best of 3 (three) sets.
6. The decision of the Tournament Committee will be final.

Convenor: Tanvir Pasha, PT-100 | **Co-Convenor:** Md. Rafiul Haque (Rafi), PM-505



GULSHAN CLUB

GULSHAN CLUB OLYMPIAD 2026

TEAM FORMATION: RULES & BY-LAWS

TABLE TENNIS

1. This event is open for Members (Permanent, Life, Donor) and their Spouse.
2. Each team can register 1 (one) player who is the Child of a Member.
3. It will be a Team Championship in a Group and Knockout format.
4. The team matches consist of 2 (two) Singles matches and 1 (one) Doubles.
   a. Minimum number of Players to be registered per Team is 3 (three).
   b. Maximum number of Players to be registered per Team is 4 (four).
5. Group Stage:
   a. Format - Singles, Doubles & Singles.
   b. Only 1 (one) player is allowed to play 1 (one) Singles and 1 (one) Doubles match.
   c. Each game win will be awarded 2 points.
6. Knockout Stage:
   a. Format - Singles, Singles & Doubles.
   b. 2 (two) players are allowed to play 1 (one) Singles each and 1 (one) Doubles match.
   c. Team winning 2 games out 3 will proceed to next round.
7. The decision of the Tournament Committee will be final.

Convenor: Adnan Tanvir Islam, PA-346 | **Co-Convenor:** Imran Ahmed Sabid, PI-31



