

Tournament type:

The tournament of athletics will consist of Heats and Finals. The details of each event are as below:

Event Type:

Sl. No.	Event	Heat	Final	Men	Women
1.	100 m	Yes	Yes	Yes	Yes
2.	200 m	Yes	Yes	Yes	Yes
3.	400 m	Yes	Yes	Yes	Yes
4.	800 m	No	Yes	Yes	Yes
5.	1500 m	No	Yes	Yes	Yes
6.	5000 m	No	Yes	Yes	No
7.	110m hurdles	No	Yes	Yes	No
8.	400m hurdles	No	Yes	Yes	No
9.	4x100m relay	Yes	Yes	Yes	Yes
10.	4x400m relay	Yes	Yes	Yes	Yes
11.	High Jump	No	Yes	Yes	Yes
12.	Long Jump	No	Yes	Yes	Yes
13.	Triple Jump	No	Yes	Yes	No
14.	Shot-Put	No	Yes	Yes	Yes



15.	Discus Throw	No	Yes	Yes	Yes
16.	Javelin Throw	No	Yes	Yes	No
17.	Hammer Throw	No	Yes	Yes	No

Note:

If the number of participants in hurdles event (both 110m and 400m) is less than 16 then the winners would be declared on time basis. If the number of teams in relay events would be less than 8 then only finals would take place and no heats would be conducted.

General Rules:

1. In a standard track of eight lanes, distribution of lanes and qualifying to subsequence rounds will be done as per standard rules for 100m, 200m, 400m run.
2. An athlete can participate in a maximum of three events (any three), excluding relays.
3. For an individual event, points will be shared by both athletes and their respective Team as shown in Table 1 and Table 2.
4. The sum total of points secured in all the events in athletics by a Team will determine 1st



and 2nd positions as a whole.

5. In an individual event, there can be a maximum of 2 athletes for a team except the home team, they can have a maximum of 4 athletes (two teams for relay).
6. If in any event the number of participating athletes is less than 7, then bronze medal i.e., 3rd position will not be awarded for that event. If the participating athletes are less than 4, then only gold medals will be awarded and so the respective points.
7. Best athletes from boys and girls would be selected separately.
8. The competition in the following event as shown in the Table-1 for men and in Table-2 women will be held. The corresponding points for the Athletics Championship are also indicated in Table 1 and Table 2.
9. Decisions of the referees would be final and no objections would be entertained in the result.
10. The corresponding points for Athletics



Championship are: **TABLE-1: For Men:**

Sl.No.	Event	Points for Individual Positions		
		I	II	III
1.	100 m	5	3	2
2.	200 m	5	3	2
3.	400 m	5	3	2
4.	800 m	5	3	2
5.	1500 m	5	3	2
6.	5000 m	5	3	2
7.	110 m hurdles	5	3	2
8.	400 m hurdles	5	3	2
9.	4x100 m relay	10	6	4
10.	4x400 m relay	10	6	4

11.	Long Jump	5	3	2
12.	High Jump	5	3	2
13.	Triple Jump	5	3	2
14.	Shot Put	5	3	2
15.	Discus Throw	5	3	2



16.	Javelin Throw	5	3	2
17.	Hammer Throw	5	3	2

TABLE-2: For Women:

Sl. No.	Event	Points for Individual Positions		
		I	II	III
1.	100 m	5	3	2
2.	200 m	5	3	2
3.	400 m	5	3	2
4.	800 m	5	3	2
5.	1500 m	5	3	2
6.	High Jump	5	3	2
7.	Long Jump	5	3	2
8.	Shot Put	5	3	2
9.	Discus Throw	5	3	2
10.	4x100m relay	10	6	4
11.	4x400m relay	10	6	4



IMPORTANT NOTE:

RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION IN ALL MATTERS RESTS WITH THE SPARDHA TEAM.