



## ATHLETICS

### RULES & REGULATIONS

All the athletic events are open to participate. Registration for the events will done at the same time

Events named as:

1. Marathon (Boys) - 5km
2. Marathon (Girls) – 3km
3. Shot-put (Boys)
4. Shot-put (Girls)
5. Discus throw (Boys)
6. Discus throw (Girls)
7. Long jump (Boys)
8. Long jump (Girls)

#### **RULES & REGULATIONS:**

##### **1) MARATHON**

- There is no qualifying round in this event.
- Boys - it is **six complete rounds** around the campus.
- Girls - it will be **three complete rounds** around the campus.
- If anyone founds to run through shortcut way around the campus, we will disqualify them.
- Generally our campus one complete round distance will be around 800 metres.

##### **2) SHOT-PUT**

- For boys- shot-put weight: 7.3 kg.
- For girls-shot-put weight: 3.6 kg.
- All the participants will be given 3 throws.

1. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice throwing shall be allowed once the event has concluded.
2. No taping on any part of hands or fingers will be permitted unless there is an open wound or cut that must be protected by tape. Tape on the wrist is OK.
3. Exit the rear half of circle after implement lands and "MARK" is called. Athlete must be under control when leaving the circle. Thrower may exit and reenter circle. May discard items after entering circle.
4. Ties broken by 2nd best performance for any places

5. An unsuccessful attempt is when:

- a) Competitor starts the throw without a pause after entering the circle,
- b) Competitor touches the circle or the ground outside the circle before the discus has landed,
- c) The shot lands on or outside the throwing sector. Landing on the sector line is a foul,
- d) Competitor does not leave through the back half of the circle after completing the throw.

6. Finally according to their best throws, we will announce the winner & runner.

### **3) DISCUS THROW**

1. No taping on any part of hands or fingers will be permitted unless there is an open wound or cut that must be protected by tape. Tape on the wrist is OK.
2. Exit the rear half of circle after implement lands and "MARK" is called. Athlete must be under control when leaving the circle. Thrower may exit and reenter circle. May discard items after entering circle.
3. Ties broken by 2nd best performance for any places.

4. An unsuccessful attempt is when:

- a) Competitor starts the throw without a pause after entering the circle,
- b) Competitor touches the circle or the ground outside the circle before the discus has landed,
- c) The discus lands on or outside the throwing sector. Landing on the sector line is a foul,
- d) Competitor does not leave through the back half of the circle after completing the throw.

5. Finally according to their best throws, we will announce the winner & runner.

- Every participant will be given 3 throws.
- Discus weight: 2 kg.
- Radius of circle is around 1 metre.

### **4) Long Jump:**

- Every participant will be given 3 attempts.

1. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice shall be allowed once the event has concluded.

2. Always exit the pit out the far end, not nearer the foul line. Each jump will be measured perpendicular to the foul line or the foul line extended from that point in the landing pit touched by the jumper or apparel of the jumper which is nearest the foul line or its extension.

3. Ties broken by 2nd best performance for any places.

4. The tape will be held so that readings are made at the takeoff board. Measurements will be to lesser ¼ inch or lesser centimeter.

5. An unsuccessful attempt is when:

- a) Jumper's shoe extends over foul line or makes a mark in front of it on the takeoff,
- b) competitor runs across the foul line or the foul line extended,
- c) fails to initiate a jump carried to completion within 60 SECONDS after called up,
- d) jumper's head fails to stay in a superior position during jump,
- e) in the process of landing or leaving the pit, touches the ground outside the pit nearer the foul line than the nearest mark made in the landing pit.

6. Finally according to their best attempt, we will announce the winner & runner