



## Convening Committee 14/15 Sheares Hall

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### Track and Field (Female)

#### 1 Rules and Regulations

1.1 All players will abide to the General Rules and Regulation as laid down by the Inter-Hall Games Convening Committee 2014/15.

1.2 Sequence of events

(a) 4 x 100m relay	(Male)	18:00
(b) 4 x 100m relay	(Female)	18:10
(c) 4 x 400m relay	(Male)	18:30
(d) 4 x 400m relay	(Female)	18:40
(e) Medley	(Mixed)	19:00

Sequence of Medley

100m (Female)  
100m (Male)  
200m (Male)  
400m (Female)  
800m (Female)  
800m (Male)

### 1.3 Points Allocation

Position	1st	2nd	3rd	4th	5th	6th
Points	7	5	4	3	2	1

- (i) This *point system* is used only for events of athletics IHG
  - (ii) In the Medley event both the Male and Female team will be awarded the respective amount of points.
- 1.4 The maximum number of events allowed for each runner (first team or reserve team runner) to participate is **2**. The number of times a runner can be named as a reserve is unlimited.
- 1.5 A finalized list of competitors and reserves must be submitted at the call room **1hr** before the commencement of the first event, i.e. 17:00. The list must specify who is/are in the IVP team
- 1.6 Substitutions may only be made as long as the name is in the substitution list and **5 minutes** before the start of that event.
- 1.7 Teams are to report to the call room **15 minutes** before the scheduled times and at the starting line **5 minutes** before the start of the event. Upon scheduled times, if any team fails to be fully represented will be disqualified. Once a team has reported to the call room area (the call room area will be set in front of the guess of honors on the grass patch), they are not allowed to leave the area but they can still continue doing their own activities within the area. Briefing will be conducted within the call room and 10min before the commencement of the event, the athletes should be ushered to their respective passing zones.
- 1.8 All teams are to adopt the “crouch-start” method for ALL events.
- 1.9 Commands for the start are to be given in **English**.
- 1.10 Disqualifications
- (i) The team making the **2<sup>nd</sup> false start** will be disqualified whether it is the one making the 1<sup>st</sup> one or not. The same applies to the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> false starts.
  - (ii) Definitions of form of obstruction will be decided by “officials”, as decided by the Chief Track Judge
  - (iii) During the exchange of the baton, if the baton drops, the in-coming runner, NOT the out-going runner, must pick up the baton. If the baton drops to another lane, the

runner is to pick the baton from the other lane provided he/she is not causing any obstruction.

- (iv) Any form of running alongside the competitors is viewed as pacing, and it will lead to a disqualification. This includes supporters.
- (v) The passing of the baton from one runner to the next must be done within the baton exchange zone; failing to compile will lead to a disqualification.
- (vi) If a runner(s) is disqualified for whatever reason, the hall that the runner(s) are from will be awarded 0 points.

#### 1.11 Special cases

- (i) Teams that fail to complete any event due to injuries will be awarded **1** point.
- (ii) Other cases are not accepted and **NO** points will be awarded.

- 1.12 Any team which shows disrespect to the competition by throwing the baton will be penalized with a deduction of **2** points from their overall standing ( for the event of Athletics), i.e. sum of all the points attained in all events.

If it is the men's team that throws the baton, these **2** points will be deducted from the men's standing. The same apply to the women's team.

In the event of Medley, **2** points will be deducted from the men's and the women's standing respectively.

- 1.13 All the participating halls are to provide **4** non-participants as time-keepers and lane judges, and **1** video- camera man. They are to report **1hr** before the start of the 1<sup>st</sup> event, therefore 17:00. Failure to do so will result in deduction of **2** points (1 point from men's team and 1 point from women's team) from the overall standings for the Athletic IHG event.

- 1.14 Any complaints regarding any nature of the events are to be reported to the Chief Track Judge within 15 minutes after the official announcement of the last event results, the medley. And the Chief Track Judge decision is final.

- 1.15 At the discretion of the Chief Track Judge, any extreme unsportsman-like behavior may result in a 2 point deduction from the overall score for Track.

- 1.16 In the event of 2 teams tied in the overall standing, the team with the better race placing (e.g. more 1<sup>st</sup> placing) will take the higher placing.

- 1.17 All events are subjected to the IVP capping (In this case, all athletes registered for IVP Track

& Field event, whether in the first team or substitute, whether doing field events or not, are included. Members of the Cross Country team who were not registered in the Track & Field IVP event are excluded). This IVP capping is valid only for the current year's IVP Track & Field team members.

1.18 For the Medley event, the start point is to be at the 4x400m line. The 400m female runner cuts in as per normal 4x400m races.

1.19 In the event of inclement weather,

- (i) The Convening Captain can decide to delay the races by a maximum of 60 minutes.
  - a. If there are two events or less remaining, the races can be delayed by a maximum of 90 minutes instead.
- (ii) If the inclement weather status lasts more than 60 minutes, the races will be postponed to a later date.
  - a. If there are two events or less remaining, the wait will be 90 minutes instead.
- (iii) If the races have to be postponed, the timing of the races will be kept, and the rest of the races will continue on the new date.
  - a. If there are no more available dates to postpone the events to, the winners will be decided based on the event that have already been completed.

1.20 For the individual male or female race, only 1 IVP runner is allowed for each event. For medley, maximum of 2 IVP runners of any gender are allowed.

## 2 Manpower

Each hall will provide the adequate manpower for the following purposes:

Manpower	Duties	Quantity
Timekeepers	2 timekeepers from different halls per lane	12
	2 (from different halls) for each zones(3 zones in all), 1 positioned at the start and 1 positioned at the end	
Zone judges	1 start judge & 1 false start judge	6
Start Judges	Supervising the whole event (must not be from any of the halls)	2
Chief Track Judge	People registering the teams at the call room	1
Registration officers	Communicating information between the timekeepers, start judges and the call room	2
Coordinating officers		1

### **3 Logistics**

The following logistics will be required for the smooth running of the games:

Item	Quantity
Medium cones- around 20cm high	8
Small cones- around 10 cm high	7
Adequate sound system for the call room	1
Starting blocks	6
Horn / flapping wood / gun for start	2
Stopwatches	12
Yellow flags for zone judges	3
White and red flags	2 sets

## 4 Declaration

The above Rules and Regulations have been agreed upon by the various Captains of Track and Field (Female), Inter-Hall Games 2014/15.

Koh Wen Ning  
Track and Field (Female)  
Convening Captain  
Raffles Hall

Jacob John  
Track and Field (Female)  
Captain  
Eusoff Hall

Toh Yan Ling  
Track and Field (Female)  
Captain  
King Edward VII Hall

Sharon Ko  
Track and Field (Female)  
Captain  
Kent Ridge Hall

Inez Leong Hui Xin  
Track and Field (Female)  
Captain  
Sheares Hall

Vera Yap Zi Xuan  
Track and Field (Female)  
Captain  
Temasek Hall

Ong Sing Ling  
Track and Field (Female)  
Liaison Officer  
(Sheares Hall)

Su Ying Lun  
Inter-Hall Games 2014/15  
Convening Chairperson  
(Sheares Hall)