

## Tournament type:

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

SI. NO.	EVENT	HEAT	FINAL	MEN	WOMEN
1.	100M	YES	YES	YES	YES
2	200M	YES	YES	YES	YES
3	400M	YES	YES	YES	YES
4	800M	NO	YES	YES	YES
5	1500M	NO	YES	YES	YES
6	5000M	NO	YES	YES	NO
7	110M HURDLES	NO	YES	YES	NO
8	400M HURDLES	NO	YES	YES	NO
9	100M HURDLES	NO	YES	NO	YES
10	4×100M RELAY	YES	YES	YES	YES
11	4×400M RELAY	YES	YES	YES	YES
12	4×400M MEDLEY RELAY (M-W-M-W)	NO	YES	YES	YES
13	HIGH JUMP	NO	YES	YES	YES
14	LONG JUMP	NO	YES	YES	YES
15	TRIPLE JUMP	NO	YES	YES	NO
16	SHOT-PUT	NO	YES	YES	YES

17	DISCUS THROW	NO	YES	YES	YES
18	JAVELIN THROW	NO	YES	YES	YES
19	HAMMER THROW	NO	YES	YES	NO

## NOTE:

If the number of participants in hurdles event (110M, 400M and 100M GIRLS) 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 round 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 maximum 2 athlete for a team except home team, they can have maximum 4 athletes (two teams for relay).
6. In the Medley relay (4×400m) the running sequence will be : Men-Women-Men-Women.
7. In the Medley relay, the points earned will be equally divided between the men's and women's team. All other rules of relay events apply similarly.
8. If in any event the number of participating athletes is less than 8, 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.
9. Best athlete from boys and girls would be selected separately.

10. 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 Athletics Championship are also indicated in the Table 1 and Table 2.

11. Decisions of the referees would be final and no objections would be entertained in the result.

12. The corresponding points for Athletics Championship are:

**TABLE-1: FOR MEN**

SI. NO.	EVENT	POINTS↓			
	POSITIONS→	I	II	III	IV
1	100M	5	3	2	1
2	200M	5	3	2	1
3	400M	5	3	2	1
4	800M	5	3	2	1
5	1500M	5	3	2	1



6	5000M	5	3	2	1
7	110M HURDLES	5	3	2	1
8	400M HURDLES	5	3	2	1
9	4×100M RELAY	10	6	4	2
10	4×400M RELAY	10	6	4	2
11	4×400M MEDLEY RELAY	10	6	4	2
12	HIGH JUMP	5	3	2	1
13	LONG JUMP	5	3	2	1
14	TRIPLE JUMP	5	3	2	1
15	SHOT-PUT	5	3	2	1
16	DISCUS THROW	5	3	2	1
17	JAVELIN THROW	5	3	2	1
18	HAMMER THROW	5	3	2	1

## TABLE-2: FOR WOMEN

SI. NO.	EVENT	POINTS↓			
		I	II	III	IV
	<b>POSITIONS→</b>				
1	100M	5	3	2	1
2	200M	5	3	2	1
3	400M	5	3	2	1
4	800M	5	3	2	1
5	1500M	5	3	2	1
6	100M HURDLES	5	3	2	1
7	4×100M RELAY	10	6	4	2
8	4×400M RELAY	10	6	4	2
9	4×400M MEDLEY RELAY	10	6	4	2
10	HIGH JUMP	5	3	2	1
11	LONG JUMP	5	3	2	1
12	SHOT-PUT	5	3	2	1
13	DISCUS THROW	5	3	2	1
14	JAVELIN THROW	5	3	2	1



## 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.

