

Athletics Rules

100M/200M Sprint Rules

- Maximum 6 participants from each department (6 Boys + 6 Girls)
- The 100m/200m sprint (100m/200m dash) takes place on the straightaway of a track.
- The racer that reaches the finish line in the shortest amount of time wins.
- In general, if more than eight runners participate in a race, qualifying heats are run with the eight fastest runners advancing to the finals.
- Runners may not obstruct other runners' paths with any parts of their bodies.
- If NTS or messengers want to participate, they will be considered as a different department (NTS staff and messengers) altogether.
- They cannot represent any department.

Starting On Time

- 100M sprints begin when the starter blows a whistle.
- Timer will be started as soon as the whistle is blown.
- If a runner starts before the whistle, it is a false start and the race is halted and re-started.
- Upon the second false start, a runner is disqualified.

Finish

- Coordinators will be present at the finish line with stopwatches
- A runner finishes the race only after he crosses the finish line.

100x4 Relay

Team Composition

- One team from each department.
- A team must consist of 4 athletes.
- Each team member is responsible for running a 100-meter leg of the relay.

Starting Position

- The first runner of each team will start from the starting line once the whistle is blown.

Baton Exchange

- The relay involves passing a baton from one runner to the next within designated exchange zones.
- The baton must be passed within the exchange zone, and failure to do so may result in disqualification.

Baton Passing

- The baton must be passed from one runner to the next within the exchange zone.
- The baton must be carried and transferred in a specified manner, such as within the hand or hands.
- Transferring the baton outside the exchange zone can lead to disqualification.
- Throwing and catching of baton will lead to disqualification.

Finish Line

- The winner is the team whose final runner crosses the finish line first.

False Starts

- False starts are generally penalized in relay races. A team is allowed one false start before disqualification.

Disqualifications

- In addition to false starts and improper baton exchanges, teams may be disqualified if they are found interfering with other teams.

5K Marathon

Participation

- Marathon is open to all.

Distance

- A 5K race is 5 kilometres in length, which is approximately 3.1 miles.

Starting Position

- Runners usually start the race from a designated starting line.

Course

- The course may vary, but it is often a measured route on roads, trails, or a combination of both. The route is marked to guide runners.

Bib Numbers

- Participants typically wear bib numbers displaying their race numbers.
- These numbers help identify and time each runner.

Disqualification

- The first three boys and first three girls will be considered as winners only if their bib number is visible. **(If the bib number is not present with the runner while crossing the finish line, he/she will be disqualified)**
- Use of any vehicle or shortcuts during the marathon will lead to disqualification of the participant.

Water Stations

- Water will be provided on the route for hydration.

Finish Line

- The race concludes at a designated finish line, where the official timing ends.

Shotput Rules

Equipment

- The shot is a spherical object made of metal, and its weight varies for Men (7 Kg) and Women (4 Kg).

Circle

- The competition takes place inside a throwing circle, which is 7 feet (2.135 meters) in diameter. The athlete must remain within the circle during the throw.

Throwing Technique

- The athlete starts with the shot put pressed against the neck or chin, and the throwing hand positioned behind or under the shot. The non-throwing arm is extended forward.
- The athlete then spins or glides across the throwing circle to build momentum before releasing the shot.

Legal Throws

- To be considered a legal throw, the athlete must not step outside the
- throwing circle during the throw. Additionally, the shot must land within the marked
- sector, which is a designated area in the field.

Measuring the Throw

- The distance is measured from the innermost point of the circumference where the shot first lands to the nearest edge of the inside of the circle.

Attempts

- Each athlete will get 4 attempts (1 trial + 3 actual), and the best measured throw among those attempts is used to determine the final result.

Competition Format

- Shot put is often part of a larger track and field meet, and athletes compete against each other to achieve the longest throw.
- Maximum 4 Participants (4 Boys + 4 Girls) from each department.
- If NTS or messengers want to participate, they will be considered as a different department (NTS staff and messengers) altogether.
- They cannot represent any department.

Tiebreakers

- In case of a tie, the second-best throws of the tied athletes are considered, and if necessary, subsequent throws are used to break the tie.

Sector Lines

- The sector is typically marked by two lines extending from the centre of the throwing circle.
- These lines form an angle, creating a sector in which the shot must land.

Sector Angle

- The sector angle varies for men and women. For the men's shot put is 34.92 degrees, and for the women's shot put, it is 40.00 degrees.

Javelin throw Rules

- Javelins used in senior men's competitions need to weigh a minimum of 800gm and measure between 2.6m and 2.7m. For women, the minimum weight needs to be 600gm while the length of the javelin can be between 2.2m and 2.3m.
- A javelin has three parts - a head, a shaft, and a cord grip.
- The field where javelin throw competitions are held can be divided into two parts - the runway and the landing sector.
- Maximum 4 participants (4 Boys + 4 Girls) from each department.
- If NTS or messengers want to participate, they will be considered as a different department (NTS staff and messengers) altogether.
- They cannot represent any department.

Runway

- The runway or take-off area is a stretch of running track which allows javelin throwers to make a running start before their throw and gather momentum before releasing the javelin.
- The runway should at least be 30 metres in length and can extend to 36.50 metres, if conditions permit. The minimum width of a runway must be 4 metres.
- The end of the runway is marked by the throwing arc, which has an 8 metres radius. The throwing arc is also called the foul line or scratch line.
- Athletes cannot step beyond the runway markings once their attempt starts.

Landing Sector

- In front of the runway, there's a funnel-shaped landing sector, usually covered in grass or artificial turf.
- The lines of the funnel make an angle of 28.96 degrees when they meet after intersecting the two ends of the throwing arc at the end of the runway.

Javelin throw rules

- Each Participant will get 4 attempts (1 trial + 3 actual).
- The objective of javelin throw is to hurl a narrow cylindrical hollow spear the furthest distance possible. Throwers must abide by a set of rules for their throws to count as valid.
- For the throw to be counted, the javelin must land tip first inside the bounds of the landing sector.
- The javelin, however, needs to only make a mark on the ground and doesn't necessarily need to stick in the ground or 'break turf'.
- The athlete must hold the javelin at the grip with one hand. Wearing gloves on the throwing hand is not allowed.
- Athletes may tape their fingers as long as it doesn't provide any additional assistance during the throw. Judges check tapings before competitions.
- Taping two or more fingers together is also not allowed.
- Throughout the entire process of the throw, the javelin must be kept at an overhand position, i.e. over the shoulder or upper part of the throwing arm.
- Unlike other throwing events, non-orthodox styles are not permitted in javelin throw, which means athletes need to conform their techniques to a set of fixed rules.
- Athletes also cannot turn their backs to the landing sector until the throw is completed.

- While releasing the javelin and before it lands, athletes must stay behind the throwing arc.
- Once their turn is announced, athletes also need to complete their throw in under a minute.
- Failure to meet any of the above rules results in a foul throw and the attempt is not counted.

Javelin throw scoring system

- Scoring in javelin throw is essentially calculating the distance covered by the javelin.
- Once the javelin lands head-first inside the landing sector, the point of initial impact is marked by judges with a marker, usually a spike.
- Then the distance, in a straight line, of the marker to the inside edge of the centre point of the throwing arc is measured.
- The measurement is rounded down to the nearest centimetre.
- In case of tie, a tie breaker round will be performed.

Coordinator's decision will be the last and Final decision. No arguments or complaints will be entertained. Failing to adhere the rules will lead to disqualification.