

Athletics Rules and Regulations

- The competition shall be conducted under the International Athletics Federation Rules as adopted from time to time by AFI unless otherwise modified in these rules.
- Except for Relay races, each college is entitled to enter not more than two competitors.

For relay races, not more than one entry of four with one reserve shall be accepted.

- As far as possible, changes, if any, should be intimated fifteen minutes before the start of the event. Lots for lanes will be drawn as soon as the first call is given.
- 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.
- **An athlete can participate in a maximum of three events (Including Triathlon), excluding relays.**
- The competition in the following event as shown in the below table for both men and women will be held. The corresponding points for Athletics Championship are also indicated in the Table.

SI No	EVENTS (Men)	Points for individual 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	HIGH JUMP	5	3	2	1
12	LONG JUMP	5	3	2	1
13	TRIPLE JUMP	5	3	2	1
14	POLE VAULT	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
19	TRIATHLON (100 Metres, Long Jump, Shot Put)	5	3	2	1

SI No	Events (Women)	Points for individual 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	HIGH JUMP	5	3	2	1
7	LONG JUMP	5	3	2	1
8	SHOT PUT	5	3	2	1
9	DISCUS THROW	5	3	2	1
10	JAVELIN THROW	5	3	2	1
11	HAMMER THROW	5	3	2	1
12	TRIATHLON (Shot Put, 200 Metres, Long Jump)	5	3	2	1
13	4*100m Relay	10	6	4	2
14	4*400m Relay	10	6	4	2

- **In case of a tie** for an individual event, points will be shared by both athletes. In case of relay events the points will be double as the relay events have double weightage.

POSITION TIED FOR	NO. OF TEAMS		
	II	III	IV
I	4.0	3.5	3.0

II	2.5	2.0	1.5
III	1.5	1.0	0.5

- **In case of a tie** for the athletics Championship for men, points will be shared as shown in the below tables

POSITION TIED FOR Men	NO. OF TIED TEAMS	
	II	III
I	16.0	12.0
II	8.0	5.0
III	2.0	1.0

POSITION TIED FOR Women	NO. OF TIED TEAMS	
	II	III
I	8.0	6.0
II	4.0	2.5
III	1.0	0.5

- The sum total of points secured in all the events in athletics by any college will determine 1st, 2nd and 3rd positions as a whole.
- If an athlete, after qualifying in heats, does not participate in the finals without giving a valid reason, as per AFI rules, he/she may be debarred from the competition and will not be considered for best athlete.
- Best Athlete will be decided by the maximum number of points obtained by an athlete in the individual events of Athletic Championship and in case of tie no of gold are considered.
- Certificates will be awarded to the first three places in all the athletics events.

TRIATHLON RULES and REGULATIONS

- Triathlon event will be organised on the lines and rules of Outdoor Decathlon and Outdoor Heptathlon for Men and Women respectively.
- The Male Version will see 100m Sprints, followed by Long Jump and finally concluded by Shot Put event whereas the Female version will have Shot Put, followed by a 200m Sprint and finally concluded by Long Jump.

- As in Decathlon, the performance of the particular athlete in each of the event would be converted in the point table issued by IAAF. Which can be obtained from following links

Points Table: <https://www.iaaf.org/download/download?filename=53f7d332-be0c-434c-8467-1d9078966147.pdf&urlslug=IAAF%20Scoring%20Tables%20for%20Combined%20Events>

Calculator: [https://www.usatf.org/statistics/calculators/combinedEventsScoring/\[Men's Outdoor Decathlon \(For Men Triathlon\) and Women's Outdoor Heptathlon \(For Women Triathlon\)\]](https://www.usatf.org/statistics/calculators/combinedEventsScoring/[Men's Outdoor Decathlon (For Men Triathlon) and Women's Outdoor Heptathlon (For Women Triathlon)]) .

- The said calculators would be used to finalise the points achieved by each athlete over the course of the 3 events. Athlete with highest number of points at the end of three events will be hence placed in the rank table.

NOTE:

1. Starter blocks and vaulting poles are not provided by organizing team.
2. In any event if there are less than 3 entries that event will be considered as cancelled.
3. In case of any discrepancy, the decision made by the referee will be final.

General Regulations-

- Unruly behaviour of the student members of any team member shall be generally dealt with suitable punishment.
- Any point not directly covered by these rules, shall be decided in the light of the rules most nearly applicable and in accordance with the general tenor and the spirit of the said rules.
- All players should come in proper kits (shorts, t-shirts, spikes).
- The Organizing committee reserves the right to alternate scheduled program under unusual circumstances.

****RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION RESTS WITH THE SANGRAM ORGANIZING TEAM**