

RFYS School and College Athletics



COMPETITION RULES 2018

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T N E T N C O C

Section 1: Introduction

- 1.1 Definitions
- 1.2 Interpretation
- 1.3 Organizers
- 1.4 Participating Institutes
- 1.5 Delegation
- 1.6 Effective Date
- 1.7 General Conduct

Section 2: Technical Regulations

- 2.1 Tournament conducted in accordance with the Competition rules
- 2.2 Field of Play
- 2.3 Athletics Equipment
- 2.4 Competition Format
- 2.5 Venues
- 2.6 Playing Kit
- 2.7 Tournament Officials
- 2.8 Event Schedule
- 2.9 Cancellation of Events
- 2.10 Abandonment of Events

Section 3: General Competition Track Events

- 3.1 The Start
- 3.2 False Start
- 3.3 Obstruction
- 3.4 Lane Infringement
- 3.5 Disqualification
- 3.6 Breakline
- 3.7 Leaving the track
- 3.8 Drinking/ Sponging
- 3.9 The Finish
- 3.10 Timing and Photo Finish

Section 4: General Competition Rules-Field Events

- 4.1 Practice trials
- 4.2 Markers
- 4.3 Preliminary Rounds
- 4.4 Substitute Trials
- 4.5 Time Allowed
- 4.6 Absence
- 4.7 Change of Competition area
- 4.8 Result
- 4.9 Ties

ATTENTION

Section 5: General Condition – Jumps

- 5.1 Placing
- 5.2 Extraneous Forces
- 5.3 Competition – High Jump
- 5.4 Runway
- 5.5 Competition – Long Jump
- 5.6 Competition – Triple Jump
- 5.7 Take off

Section 6: General Condition – Shot put

- 6.1 General rules and weight
- 6.2 Assistance
- 6.3 Throwing Circle
- 6.4 Landing Sector
- 6.5 Trails
- 6.6 Distance Measurement
- 6.7 Shotput Competition

Section 7: Seedings and Draws

- 7.1 Round and Heats

Section 8: Entries for Competition

- 8.1 Eligible Entries
- 8.2 Duties and Obligations
- 8.3 Withdrawal, arriving late, penalty for failing to play

Section 9: Team Officials and Players

- 8.1 Eligibility of Players
- 8.2 Registration and Replacement of Players
- 8.3 Documentation for Registration of Players
- 8.4 Registration and Replacement of Team Officials
- 8.5 Documentation for Registration of Team Officials
- 8.6 Size of Delegation Attending Matches
- 8.7 Event Sheet

Section 10: Disciplinary Procedure and Measures

- 9.1 Disqualification
- 9.2 Protest and Appeals

CONTENTS

Section 11: Miscellaneous

10.1 Matters not provided for

Section 12: Awards

SECTION 1 :

INTRODUCTION

1.1: Definitions

In these Regulations:

“**Athlete**” means a student who participates in athletics and is enrolled as a full time student with a Participating Institute he is representing in the championship;

“**Athlete Registration Form**” means the form to be submitted by each Participating Institute in respect of each Player being its full time student, under Rule 4.2 and 4.3, as the same may be amended by RFYS from time to time;

“**Athletics Competition Manager/s or ACM**” or ACM” means the person/s appointed by RFYS to oversee and be in overall charge of the competition and operational management for the Athletics Tournament;

“**Championship**” means the amateur athletics championship; organized by RFYS in respect of which these Regulations are being published;

“**Championship Disciplinary Committee**” means the disciplinary committee appointed by RFYS;

“**Championship Secretary**” means the person appointed as the secretary to oversee primarily the administrative function of the disciplinary process and other functions as set out under these Regulations;

“**City Head**” means the person appointed by RFYS in respect of each City to oversee matters related to the competition and other Tournament activities held in his assigned city. The Venue Head reports to him;

“**College Boys**” means the category of the Tournament which has boys who are students pursuing a undergraduate degree course in a college or university competing; and are under 23 years (born on or after July 1, 1995);

“**College Girls**” means the category of the Tournament which has girls who are students pursuing a undergraduate degree course in a college or university competing; and are under 23 years (born on or after July 1, 1995);

“**Competition rules**” means the rules as determined and published by the International Association of Athletics Federation (IAAF) from time to time;

“**Event/s**” means, together, the qualifiers, semi-finals and the finals of all races and jumps;

“**Event Officials**” means Technical Officials and any other person appointed by RFYS to officiate at Championship;

“**Force Majeure**” means any cause or event outside the reasonable control of any Participant, arising from or attributable to acts, events, omissions or accidents, including but not limited to the effect of any elections, abnormally inclement weather, flood, lightning, storm, fire, explosion, earthquake, structural damage, epidemic or other natural disaster, failure or shortage of power supplies, war, terrorist action, military operations, threat of terrorist action, riot, crowd disorder, strike, lock-outs or other industrial action (but not strikes, lock-outs or other industrial action of any participating Institute), acts or omissions of public authorities or any changes in any law, regulation or policy of the government;

“**Head Coach**” means, in relation to each Participating Team, the most senior Team Official responsible for coaching and/or managing such Participating Team;

“**Institute**” means any school, junior college or college that could be eligible to participate in the Tournament in accordance with the eligibility criteria prescribed by RFYS;

“**Institute Registration Form**” means the entry participation form to be submitted by an Institute without which an Institute is not eligible to participate in the Tournament;

“**Junior Boys**” means the category of the Tournament which has boys who are students of Class 9-10 and under 16 years (born on or after July 1, 2002) competing;

“**Junior Girls**” means the category of the Tournament which has girls who are students of Class 9-10 and under 16 years (born on or after July 1, 2002) competing;

“**Participating Institute**” or “**Participating Athlete**” means any Institute duly registered and participating in the Tournament;

“**Participant or person subject to these Regulations**” means each Participating Institute, Player, Team Official and/or Technical Official or any other person who from time to time is bound by these Regulations;

“**Race Sheet**” means the list of Players and Team Officials who will represent a Participating Institute in a particular Event;

“**Regulations**” mean these Regulations which may be amended from time to time by RFYS;

“**Reserve Players**” means the additional Players that can be registered by a Participating institute as part of their preliminary Relay Team and who may be brought in when a Participating institute needs to replace a Player in their final Relay Team;

“**RFYS**” means Reliance Foundation Youth Sports, the organizer and holder of all proprietary rights (including without limitation all intellectual property rights thereto) associated with the Tournament;

“**Senior Boys**” means the category of the Tournament which has boys who are students of class 11th or 12th students under 18 years (born on or after July 1, 2000) competing;

“**Senior Girls**” means the category of the Tournament which has girls who are students of class 11th-12th students and under 18 years (born on or after July 1, 2000) competing;

“**Sub Junior Boys**” means the category of the Tournament which has boys who are students of class 7th or 8th and under 14 years (born on or after July 1, 2004) competing;

“**Sub Junior Girls**” means the category of the Tournament which has girls who are students of class 7th-8th students and under 14 years (born on or after July 1, 2004) competing;

“**Team Official**” means any teacher, officer, coach, doctor, physiotherapist or other person employed or otherwise appointed (whether temporarily or for the whole Tournament) and registered by any Participating Institute in relation to its Team;

“**Team Representative**” means any student whether or not registered as a Player of the Participating Institute or any other person including owner, trustee, directors or any other person employed or otherwise appointed by such Participating Institute whether or not they are registered as a Team Official;

“**Venue Head**” means the person appointed by RFYS who acts as RFYS’s official representative at a venue and is responsible for overseeing the operational organization of the tournament and compliance with the applicable Regulations at that venue;

“**Venue Partner**” means any Participating Institute providing its ground/venue for hosting RFYS Tournament; and

“**Working Day**” means any day (not being a Saturday or Sunday) on which banks are generally open for business in Mumbai.

1.2: Interpretation

(a) Unless the context otherwise requires:

- (i) words importing the singular shall include the plural and vice versa; and
- (ii) words importing any particular gender shall include all other genders.

1.3: Organizers - Reliance Foundation Youth Sports (RFYS)

- a) The Athletics Championship; will be played under the auspices of RFYS.
- b) All rights associated with the Championship; which has not been granted by these Regulations and/or specific agreements to any Participating Institute or a Participant shall remain with RFYS.
- c) These championship; Regulations and any other Guidelines, Circulars or Codes related to the championship are binding for all Participants.

1.4: Participating Institutes

- a) The obligations and responsibilities of the Participating Institutes are stipulated in the Institute Registration Form and in these Regulations and any other agreements reached between RFYS and the Participating Institute.
- b) Each Institute shall sign and submit the prescribed Institute Registration Form to RFYS not later than the registration deadline communicated to the Participating Institutes, in order to be eligible for participation in the Tournament. If the Institute Registration Form does not reach RFYS by the registration deadline, the participation application of the Institute shall be liable to be rejected as per the sole discretion of RFYS.

1.5: Delegation

RFYS shall be entitled to delegate any power or authority bestowed on it under these Regulations to any other sub-committee or to any other person/entity such as the championship); Disciplinary Committee (TDC) and/or the Athletics Competition Manager (ACM) either generally or in respect of any individual events or circumstances.

1.6: Effective Date

Each Participant agrees that these Regulations shall come into force as on the date it is adopted. Participating in the Tournament shall constitute an agreement with RFYS and acceptance by each Participant to be bound by and comply with these Regulations. Participants can find the Regulations on rfyouthsports.com. Any amendment to these Regulations shall become effective upon the publication of the amended document on rfyouthsports.com.

1.7: General Conduct

Each person subject to these Regulations shall:

- (a) Not at any time act in a manner which does or which might be anticipated to bring such person, RFYS, its agencies /representatives, the Tournament, any Participating Team, any Player, RFYS Partners, any RFYS sub-committee, or any Committee Member and/or the tournament into disrepute or adversely affect its/their reputation.
- (b) Strictly comply with these Regulations.
- (c) Co-operate with RFYS and its representatives to help run the championship to the highest possible standards and with the utmost integrity.
- (d) In the event that the RFYS enquires into any suspected or alleged breach of these Regulations, or if the Participating Institute/Team Official/Player becomes aware of any suspicious or unusual activities or information that may have an impact on the integrity of a Match or the championship the Participating Institute/Team Official/Player shall report such matter within 72 hours of having become aware of such information/activity and co-operate with such investigative procedures and forthwith provide accurate and complete information of such activity to the RFYS.

SECTION 2 :

TECHNICAL REGULATIONS

2.1: Tournament conducted in accordance with the Competition Rules

All Events shall be conducted in accordance with the Rules of the competition laid down by the International Association of Athletics Federations (IAAF), except for the modifications provided, if any, with regards to youth athletics in the Regulations.

2.2: Field of Play

- a) Race Events may take place on synthetic or any other suitable surface.
- b) For Field events, standardized equipment will be used.

2.3: Athletics Equipment

The equipment to be used on event days shall be as supplied by RFYS before the commencement of the tournament.

2.4: Competition Format

The Championship shall be played in two stages – the City Championships and the National Championships.

- a) **City Championships**
 - i. The City Championships shall consist of preliminary rounds for the Track Events and Field Events in which the number of athletes is too large to allow the competition to be conducted in a single round (Final).
 - ii. For the purpose of the City Championships competition, certain neighboring areas of a city shall also deemed to be included in that city and shall compete with the athletes of such city (please refer to Annexure A at the end of the document for more details).

- iii. The Qualifying standard and the number of athletes in the final of the Field Events will be decided by RFYS.
- iv. For the overall “Best school/college” championship in each category, the Individual athletes as well as the Relay Team will be awarded points as follows:-

Rank	Points Awarded
1st Place	07 points
2nd Place	05 points
3rd Place	04 points
4th Place	03 points
5th Place	02 points
6th Place	01 point

Additionally 1 point will be awarded to each athlete who attains the qualifying mark in their respective events. The Individual points +Team relay points + points for attaining qualifying mark attained by athletes from an institution in each respective category will be collated to decide the “Best school/college” in that Category for that city.

- v. Individual Best Performance in each category will awarded to the Athlete whose performance in a particular event attains the highest score as per the IAAF Scoring Table.
- vi. The top 6 performers from amongst the gold medalist of that particular event across all the cities in each category of the tournament will go on to represent their School/College in the National Finals. Additionally 2 best performers from the entire tournament during the city leg would be invited to participate in the national finals.
- vii. The top 6 performers in relays from amongst the gold medalist of that particular relay across all the cities in each category of the tournament will go on to represent their School/College in the National Finals. Additionally 2 best performers in relay from the entire tournament during the city leg would be invited to participate in the national finals.

b) National Championships

- i. “For the National champion in each category, the Individual athletes as well as the Relay Team will be awarded points as follows”

Rank	Points Awarded
1st Place	07 points
2nd Place	05 points
3rd Place	04 points
4th Place	03 points
5th Place	02 points
6th Place	01 point

- ii. The overall school champion in each category shall be decided based on performance at city and national level. Total points shall be calculated by adding 80% of points accumulated in National Final and 20% of points accumulated at the city leg in the respective category. The school/college with maximum total points in their category shall be awarded the National championship

2.5: Venues

- a) The Venues for the matches in the Tournament shall be decided at the sole discretion of RFYS.
- b) High standards of behavior and discipline is expected from each Participating athlete. Any damage that is caused to the venue or the facilities provided, attributable to any act of negligence or misconduct of a Player or Team Official shall be recovered from the Player/Team Official's Institute as compensation based on actual costs in addition to any sanction as prescribed under these Regulations.
- c) Due to a likely schedule of back-to-back events at each venue and also otherwise, all Participating Athletes are expected to strictly adhere to the pre-event activities timings and the starting reporting times.

2.6: Playing Kit

- a) Athletes may compete barefoot or with shoes or spikes.
- b) Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the High Jump, where one bib may be worn on the breast or back only. If numbers are used, they shall correspond with the number allocated to the athlete on the start list or in the programme.
- c) These bibs must be worn as issued and may not be cut, folded or obscured in any way.
- d) Where a Photo Finish System is in operation, the Organising Committee may require athletes to wear additional number identification of an adhesive type on the side of their shorts or lower body.
- e) No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s).
- f) If an athlete does not follow this Rule in any way and: (a) refuses the direction of the relevant Referee to comply; or (b) participates in the competition, he shall be disqualified.

2.7: Tournament Officials

- I. Jury of Appeal
 - a) A Jury of Appeal will be appointed in the interest of the proper conduct of the competitions. The primary functions of the Jury of Appeal shall be to deal with all appeals and with any matters arising during the course of the competition which are referred to it for decision.
- II. Technical Officials
 - i. Competition Director- Plans the technical organization along with the meet manager and technical manager.
 - ii. Meet manager- Conduct of the competition.
 - iii. Technical manager – Equipment and Field of play regularization.
 - iv. Event presentation manager- Emcee who co-ordinates the events along with the competition manager and athletes.
- III. Competition officials
Referee, Judges, Umpires, Timekeepers, Starters, Marshall etc.

2.8: Event Schedule

All events shall be held according to the dates, venue and times set by RFYS.

2.9: Cancellation of Events

- a) The Referee in consultation with the Competition Director and the Venue Head shall take the final decision on whether an event needs to be delayed and/or cancelled due to Force Majeure reasons such as weather conditions. If a decision is taken to delay or cancel the event, competition director shall as soon as practicable submit a report to the Venue Head detailing the reason for the cancellation.
- b) If an event cannot commence on time due to Force Majeure as stated above, the RFYS team based on the remaining schedule of the day, and in consultation with the competition director may, as per its sole discretion, reschedule the events of the day.
- c) In circumstances where it is not possible to host the event at all due to a Force Majeure condition even after the delay as prescribed under paragraphs (a) and (b) above, RFYS may, in its absolute discretion and taking account of any relevant considerations, sporting or other organizational issues decide to order such cancelled events to be played at the earliest possible date and time provided this can be done.
- d) No appeals may be lodged against these decisions.

2.10: Abandonment of Competition

The Referee in consultation with the Competition Commissioner and the Venue Head shall take the final decision on whether an Event that is underway needs to be stopped due to Force Majeure reasons such as weather conditions. If a decision is taken to stop the Event and eventually abandon it, the Referee shall as soon as practicable submit a report to the Venue Head detailing the reason for the abandonment.

SECTION 3 :

TRACK EVENTS

THE RACE

3.1: The Start

- a. The length of a standard running track shall be 400m.
- b. Starting Blocks are optional and shall be used for all races up to and including 400m (including the first leg of the 4 × 100m, and 4 × 400m) and shall not be used for any other race .
- c. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.
- d. Starting blocks shall comply with the IAAF specifications.
- e. The commands of the Starter shall be, in English.
- f. In races up to and including 400m (including 4 × 100m and 4 × 400m), the commands shall be "On your marks" and "Set" and Fire of Gun.
- g. In races longer than 400m (except 4 × 400m), the command shall be "On your marks". And Fire of Gun.
- h. In races up to and including 400m (including the first leg of 4 × 400m), a crouch start are compulsory and the use of starting blocks are optional. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the "Set" position, the gun shall be fired.

- i. In races longer than 400m (except 4 × 400m), all starts shall be made from a standing position. After the “On your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his mark. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.
- j. On the command “On your marks” or “Set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter’s Assistants shall assemble them again. Where an athlete in the judgement of the Starter,
 - i. after the command “On your marks” or “Set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or
 - ii. fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time; or
 - iii. After the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start. The Referee may warn the athlete for improper conduct, in this case, or when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

3.2: False Start

- a. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recalls, he does so any earlier, it shall be deemed a false start.
- b. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.
- c. Except in the preliminary Round 1, any athlete responsible for a false start shall be disqualified by the Starter. In case of a false start, the Starter’s Assistants shall proceed as follows: the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). In preliminary Round 1, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding indication shown on the respective lane marker(s).

At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several Starter's Assistants in order to notify them that of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). the basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

3.3: Obstruction

- a) If an athlete is jostled or obstructed during an event so as to impede his progress, then: if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event.
- b) If another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event. In both cases, such athlete (or team) should normally have completed the event with bona fide effort.

3.4: Lane Infringement

- a) In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. this shall also apply to any portion of a race run in lanes.
- b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track). if the Referee is satisfied, on the report of a Judge or umpire or otherwise, that an athlete has infringed this Rule, he shall be disqualified.

3.5: An athlete shall not be disqualified if he

- a) Is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border; or
- b) Steps or runs outside his lane in the straight, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.

3.6: Breakline

In the 800m event and 4 x 400m Relay (2nd Leg) shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. the breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. to assist athletes identify the breakline, small cones or prisms, 50mm x 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. if an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.

3.7: Leaving the Track

An athlete after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.

3.8: Drinking / Sponging

In track events of 5000m, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

3.9: The Finish

The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

3.10: Fully Automatic Timing and Photo Finish System

A Fully Automatic timing and Photo Finish System approved by IAAF & AFI shall be used at all competitions. Times for all finishers shall be recorded.

SECTION 4 :

FIELD EVENTS

4.1: Practice Trials at the Competition Area

- a) At the competition area and before the beginning of the event, each athlete may have practice trials.
- b) Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate, (a) the runway or take-off area.

4.2: Markers

In all Field events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.

4.3: Preliminary Round for Field events

- a. A preliminary round shall be held in Field events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a preliminary round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a preliminary round shall not be considered as part of the final.
- b. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the organising committee.
- c. In a qualifying competition, apart from the High Jump, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.

- d. In the qualifying competition for the High Jump, the athletes, not eliminated after three consecutive failures, shall continue to compete (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached. Once it is determined that an athlete will be in the final, he shall not continue in the qualifying competition.
- e. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, if it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

4.4: Substitute Trials

If for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial. No change in the order shall be permitted. A reasonable time shall be allowed for the replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.

4.5: Time Allowed for Trials

1. An athlete in a Field event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay. The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
2. The following times should not normally be exceeded:

Number of athletes left in the competition	High Jump	Other
More than 3 (or the very first trial of each athlete)	0.5 minutes	0.5 minutes
2 or 3	1.5 minutes	1 minutes
1	2 minutes	-
Consecutive trials	2 minutes	2 minutes

4.6 Absence during Competition

An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

4.7: Change of Competition Area or Time

The appropriate Referee shall have the authority to change the place or time of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.

4.8: Result

Each athlete shall be credited with the best of all his trials, including, in the case of High Jump, those achieved in resolving a tie for first place.

4.9: Ties

Except for the High Jump, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. if the athletes are still equal following the application of this Rule, it shall be determined to be a tie. Except in High Jumps, in the case of a tie for any place, including first place, the tie shall remain.

SECTION 3 :

TRACK EVENTS

THE RACE

3.1: The Start

- a. The length of a standard running track shall be 400m.
- b. Starting Blocks are optional and shall be used for all races up to and including 400m (including the first leg of the 4 × 100m, and 4 × 400m) and shall not be used for any other race .
- c. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.
- d. Starting blocks shall comply with the IAAF specifications.
- e. The commands of the Starter shall be, in English.
- f. In races up to and including 400m (including 4 × 100m and 4 × 400m), the commands shall be "On your marks" and "Set" and Fire of Gun.
- g. In races longer than 400m (except 4 × 400m), the command shall be "On your marks". And Fire of Gun.
- h. In races up to and including 400m (including the first leg of 4 × 400m), a crouch start are compulsory and the use of starting blocks are optional. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete shall immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the "Set" position, the gun shall be fired.

- i. In races longer than 400m (except 4 × 400m), all starts shall be made from a standing position. After the “On your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within his allocated lane in races started in lanes). An athlete shall not touch any part of the ground with his hand or hands and/or the start line or the ground in front of it with his feet when on his mark. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.
- j. On the command “On your marks” or “Set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter’s Assistants shall assemble them again. Where an athlete in the judgement of the Starter,
 - i. after the command “On your marks” or “Set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or
 - ii. fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time; or
 - iii. After the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start. The Referee may warn the athlete for improper conduct, in this case, or when an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

3.2: False Start

- a. An athlete, after assuming a full and final starting position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recalls, he does so any earlier, it shall be deemed a false start.
- b. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.
- c. Except in the preliminary Round 1, any athlete responsible for a false start shall be disqualified by the Starter. In case of a false start, the Starter’s Assistants shall proceed as follows: the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). In preliminary Round 1, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of him and a corresponding indication shown on the respective lane marker(s).

At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several Starter's Assistants in order to notify them that of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). the basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

3.3: Obstruction

- a) If an athlete is jostled or obstructed during an event so as to impede his progress, then: if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event.
- b) If another athlete is found by the Referee to be responsible for the jostling or obstruction, such athlete (or his team) shall be liable to disqualification from that event. the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected, order that the race be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event. In both cases, such athlete (or team) should normally have completed the event with bona fide effort.

3.4: Lane Infringement

- a) In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. this shall also apply to any portion of a race run in lanes.
- b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track). if the Referee is satisfied, on the report of a Judge or umpire or otherwise, that an athlete has infringed this Rule, he shall be disqualified.

3.5: An athlete shall not be disqualified if he

- a) Is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border; or
- b) Steps or runs outside his lane in the straight, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.

3.6: Breakline

In the 800m event and 4 x 400m Relay (2nd Leg) shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. the breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. to assist athletes identify the breakline, small cones or prisms, 50mm x 50mm and no more than 0.15m high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. if an athlete does not follow this Rule he, or in the case of a relay his team, shall be disqualified.

3.7: Leaving the Track

An athlete after voluntarily leaving the track, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, he shall be disqualified by the Referee.

3.8: Drinking / Sponging

In track events of 5000m, the Organising Committee may provide water and sponges to athletes if weather conditions warrant such provision.

3.9: The Finish

The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

3.10: Fully Automatic Timing and Photo Finish System

A Fully Automatic timing and Photo Finish System approved by IAAF & AFI shall be used at all competitions. Times for all finishers shall be recorded.

SECTION 4 :

FIELD EVENTS

4.1: Practice Trials at the Competition Area

- a) At the competition area and before the beginning of the event, each athlete may have practice trials.
- b) Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate, (a) the runway or take-off area.

4.2: Markers

In all Field events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.

4.3: Preliminary Round for Field events

- a. A preliminary round shall be held in Field events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a preliminary round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a preliminary round shall not be considered as part of the final.
- b. The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the organising committee.
- c. In a qualifying competition, apart from the High Jump, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.

- d. In the qualifying competition for the High Jump, the athletes, not eliminated after three consecutive failures, shall continue to compete (including passing a trial) until the end of the last trial at the height set as the qualifying standard, unless the number of athletes for the final has been reached. Once it is determined that an athlete will be in the final, he shall not continue in the qualifying competition.
- e. If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, if it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

4.4: Substitute Trials

If for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial. No change in the order shall be permitted. A reasonable time shall be allowed for the replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.

4.5: Time Allowed for Trials

1. An athlete in a Field event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay. The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
2. The following times should not normally be exceeded:

Number of athletes left in the competition	High Jump	Other
More than 3 (or the very first trial of each athlete)	0.5 minutes	0.5 minutes
2 or 3	1.5 minutes	1 minutes
1	2 minutes	-
Consecutive trials	2 minutes	2 minutes

4.6 Absence during Competition

An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

4.7: Change of Competition Area or Time

The appropriate Referee shall have the authority to change the place or time of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.

4.8: Result

Each athlete shall be credited with the best of all his trials, including, in the case of High Jump, those achieved in resolving a tie for first place.

4.9: Ties

Except for the High Jump, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. if the athletes are still equal following the application of this Rule, it shall be determined to be a tie. Except in High Jumps, in the case of a tie for any place, including first place, the tie shall remain.

SECTION 5 :

GENERAL CONDITIONS- HIGH JUMP

1. Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place.
2. An athlete may commence jumping at any height previously announced by the Chief Judge and may jump at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping except in the case of a tie for first place. The effect of this Rule is that an athlete may pass his second or third trial at a particular height (after failing first or second time) and still jump at a subsequent height. If an athlete passes a trial at a certain height, he may not make any subsequent trial at that height, except in the case of a jump-off for first place. In the case of the High Jump, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.
3. Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to compete further.

5.1: Placings

If two or more athletes clear the same final height, the procedure to decide the places will be the following:

- (a) the athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place;
- (b) if the athletes are equal, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place;
- (c) if the athletes are still equal, the athletes concerned shall be awarded the same place.

5.2: Extraneous Forces

When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust of wind).

- (a) if such displacement occurs after an athlete has cleared the bar without touching it, then the trial shall be considered successful; or
- (b) if such displacement occurs under any other circumstance, a new trial shall be awarded.

5.3: High Jump Competition

1. An athlete shall take off from one foot.
2. An athlete fails if:
 - a) After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or
 - b) He touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure;
 - c) He touches the crossbar or the vertical section of the uprights when running up without jumping.

5.4: Horizontal Jumps Runway

The minimum length of the runway, measured from the relevant take-off line shall be 40m.

5.5: Long Jump Competition

1. An athlete fails if: he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
 - a) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

- b) he employs any form of somersaulting whilst running up or in the act of jumping; or
- c) after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
- d) in the course of landing, he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or
- e) he leaves the landing area in any manner. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back closer to the take-off line than the initial break on landing).

Note: This first contact is considered leaving.

2. An athlete shall not be regarded to have failed if:

- (a) he takes off before reaching the board; or
- (b) a part of his shoe / foot is touching the ground outside either end of the take-off board, before the takeoff line.

5.6: Triple Jump Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

5.7: Take-off Line

1. The take-off line distance shall vary for junior categories, and a makeshift take off board with chalk and powder be created.
2. Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m.

SECTION 6 :

GENERAL CONDITIONS- SHOT PUT

6.1: General rules and weight

1. Competitions, the Shotput used shall comply with current IAAF specifications. Only IAAF certified shotputs may be used.
2. The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth. Information for manufacturers: to be smooth, the surface average height must be less than 1.6µm, i.e. a roughness number N7 or less.
3. The following table shows the shotputs to be used by each age group:

Category	Shotput Weight	Diameter
Sub. Jr Boys	4.000 kgs	100-120 mm
Sub. Jr Girls	3.000 kgs	85-110 mm
Jr. Boys	5.000 kgs	100-120 mm
Jr. Girls	3.000 kgs	85-110 mm
Sr. Boys	5.000 kgs	100-120 mm
Sr. Girls	3.000 kgs	85-110 mm
College Boys	6.000 kgs	105-125 mm
College Girls	4.000 kgs	95-110 mm

5. Shotputs shall be provided by the Organizers. The Technical Delegate(s) may, based on the applicable regulations, allow athletes to use their own personal shotput, provided that it is IAAF certified, checked and marked as approved by the organizers before the competition.

Note: "IAAF certified" implements may include older models that previously held a certificate but are not in production any longer.

6. No modification shall be made to the shotput during the competition.

6.2: Assistance

1. The following shall be considered assistance and are therefore not allowed:
 - (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
 - (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
 - (c) The use of gloves.
 - (d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.
2. The following shall not be considered assistance and are therefore allowed:
 - (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only. A shot putter may use such substances on his neck.
 - (b) The placement by an athlete, in the Shot Put throw, on the implement, chalk or a similar substance. All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue. If this is not followed the note to IAAF Competition Rules 2018-19 Rule 187.4 shall be applied.
 - (c) The use of taping on the hands and fingers that is not in contravention of IAAF Competition Rules 2018-19 Rule 187.4(a).

6.3: Throwing Circle

1. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick and shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.
2. The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and $20\text{mm} \pm 6\text{mm}$ lower than the upper edge of the rim of the circle.
3. In the Shot Put, a portable circle meeting these specifications is permissible. The inside diameter of the circle shall be $2.135\text{m} \pm 0.005\text{m}$.
4. A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

6.4: Landing Sector

1. The landing sector shall consist of cinders or grass or other suitable material on which the shotput makes an imprint.
2. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).
3. The landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle.

6.5: Trials

1. The Shot Put shall be thrown from a circle. The athlete shall commence his trial from a stationary position inside the circle. The athlete is allowed to touch the inside of the rim. The Athlete is also allowed to touch the inside of the stop board described in IAAF Rule 188.2. There is no restriction on how, or from which direction, an athlete may enter the circle. The relevant requirement is that once inside he must adopt a stationary position before commencing his trial.
2. It shall be a failure if an athlete in the course of a trial:
 - (a) releases the shotput other than as permitted under Rules 188.1 and 193.1;161
 - (b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle;

Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

- (c) touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);
- (d) It is clarified that the top inside edges of the rim of the circle and of the stop board are considered to be part of the top of the rim and stop board respectively. This means that should an athlete make contact with the top inside edge of either the rim or the stop-board then he will be considered thereby to have made a failure.
- (e) The addition of the Note to Rule 5(ii. (ii)) applies to rotational techniques used by athletes in Shot Put. It should be interpreted that any "incidental" touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not of itself be regarded as a failure.
- (f) However it is clear that any technique which thereby obtains an advantage through leverage or propulsion would constitute a failure.

3. Provided that, in the course of a trial, the Rules relative to Shot put event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle and may leave the circle.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in IAAF competition rules 2018-19 Rule 180.17.

In these circumstances, there is no restriction on how, or from which direction, an athlete may leave the circle if he chooses to do. The relevant requirement is that no other Rule is or has already been infringed.

4. It shall be a failure if the shotput in contacting the ground when it first lands touches the sector line or the ground or any object outside the sector line.
5. It shall be a failure if the athlete leaves the circle before the shotput has touched the ground. If, when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

6. After each throw, the shotput shall be carried back to the area next to the circle and never thrown back.

6.6: Distance Measurement

1. Distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
2. The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5):
 - (a) from the nearest mark made by the fall of the shotput to the inside of the circumference of the circle along a line to the centre of the circle;
 - (b) As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds
 - (c) Except where IAAF Rule 146.5 is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.
 - (d) Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the implement in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the "zero" is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

6.7: Shot Put Competition

1. The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

SECTION 7 :

GENERAL COMPETITION RULES: SEEDINGS, DRAWS AND QUALIFICATION IN TRACK EVENTS

7.1: Rounds and Heats

1. Preliminary rounds shall be held in track events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.
2. The preliminary rounds shall be arranged by the Organising Committee.

7.2: Ranking and Composition of Heats

1. For the first round, the athletes shall be placed in heats randomly.
 - (a) After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - (i) for events of 100m to 400m inclusive, and relays up to and including 4 × 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.

Fastest 2nd place
2nd fastest 2nd place
3rd fastest 2nd place, etc.
(Concluding with)
Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

(ii) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

(b) the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

In all cases, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

2. Draw for Lanes - For events 100m to 800m inclusive, and relays up to and including 4 x 400m, where there are several successive rounds of a race, lanes will be drawn as follows:

- a. In the first round, the lane order shall be random or drawn by lot;
- b. For the following rounds, athletes shall be ranked after each round in accordance with the procedure or, in the case of 800m.

These draws will then be made:

- (i) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- (ii) another for the fifth and sixth ranked athletes or teams to determine placings in lanes 7 and 8; and
- (iii) another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

Note (i): In competitions, the 800m event may be run with one or two athletes in each lane, or with groups start behind an arced line. This should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a race of a subsequent round than were anticipated.

3. An athlete shall not be allowed to compete in a heat or lane other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

7.3: Relay Races

1. The standard distances shall be: 4 × 100m, 4 × 400m.
2. Each takeover zone shall be 20m long of which the scratch line is the centre. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone and are aware of any applicable acceleration zone.
3. A baton shall be used for all Relay Races and shall be carried by hand throughout the race.
4. If dropped, the baton shall be recovered by the athlete who dropped it. He may leave his lane to retrieve it provided that, by doing so, he does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.
5. The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification.
6. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If an athlete impedes a member of another team by running out of position or lane at the finish of his leg he may be disqualified.
7. If during the race an athlete takes or picks up the baton of another team, his team shall be disqualified. The other team should not be penalised unless an advantage is obtained.
8. Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.
9. The composition of a team and the order of running for a relay shall be officially declared at the call room while reporting for the event. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.
10. The 4 × 100m race shall be run entirely in lanes.
11. The 4 × 400m race may be run in in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline, where athletes may leave their respective lanes.

12. In the 4 × 100m races, athletes other than the first, the second and third athletes, may commence running not more than 10m outside the takeover zone. A distinctive mark shall be made in each lane to denote this extended limit. If an athlete does not follow this Rule, his team shall be disqualified.
13. For the final takeover in the 4 × 400m, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.
14. In the 4 × 400m race, the athletes running the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: In 4 × 400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. The, waiting athletes shall maintain the order. If an athlete does not follow this Rule his team shall be disqualified.

SECTION 8 :

ENTRIES FOR

TOURNAMENT

8.1: Eligible Entries for Participating Institutes

- a) Only a school/junior college affiliated to a state government board, Central Board of Secondary Education (CBSE), Council of Indian School Certificate Examination (CISCE), International Baccalaureate Programme or the Cambridge International Examinations (CIE) is eligible to participate in the Tournament.
- b) Only a full time student who is currently enrolled/registered for an undergraduate degree course at a college or university in India which is affiliated to a central university, state university, deemed university or a private university which is recognized by the University Grants Commission (UGC) shall be eligible to participate in this Tournament (post-graduate course students and diploma course students are not eligible).
- c) Apart from the above, other autonomous Institutes granted the permission to autonomously award degrees and falling under the administrative control of the Department of Higher Education such as the Indian Institutes of Information Technology, Indian Institutes of Technology, the National Institutes of Technology, the Indian Institutes of Science Education and Research, School of Planning and Architecture, the Indian Institutes of Management and all Institutes listed under Institutions of National Importance by Ministry of Human Resource Development (MHRD) shall also be eligible to participate as long as the student is enrolled in an undergraduate degree course.
- d) The Institute must be in existence for at least 5 years, with at least 2 batches having passed from the following: i) from class 8th, for sub-junior Boys & Sub Juniors Girls category; ii) from Class 10th, for the Junior Boys & Junior Girls category, ii) Class 12th (for the Senior Boys and School Girls categories), /and iii) from the relevant college for the graduate College Boys category.
- e) Students studying in open Institutes or part of distance learning programs are not eligible to participate.
- f) An Institute can only enter a bonafide full time student who is currently enrolled/registered at the said institution.
- g) A student shall not be allowed to represent more than one Institute or play in more than one category during the same season of the Tournament.

- h) A student who has been declared ineligible as a result of a breach of the Anti-Doping Rules cannot participate in the tournament.
- i) Provisional admission to an Institute shall not make a student eligible to represent that Institute.
- j) Institutes shall complete an official entry form (Institute Registration Form) in full and submit it to RFYS not later than the entry deadline communicated to the Institutes.
- k) Entry Forms received after the deadline and/or incomplete forms will not be accepted.
- l) Any issue regarding the eligibility of a particular Institute shall be decided by RFYS in such manner as RFYS shall deem fit as per its sole discretion.
- m) Every school will be entitled to enter only two athlete in each event, except in relay races where a team of maximum five athletes can be entered.

8.2: Duties and Obligations of the Participating Institute

On entering the Tournament, the Participating Institute shall automatically undertake:

- a) To observe any agreement entered into with RFYS as well as these Tournament Regulations, decisions, guidelines and circulars issued by RFYS and/or its sub-committees from time to time;
- b) To comply with the Competition Rules laid down by IAAF;
- c) To accept that all the administrative, disciplinary and Refereeing Matters connected with the Tournament shall be settled by RFYS in compliance with these Regulations;
- d) To be responsible for the behavior of their Players, Team Officials and any person carrying out any duty on their behalf throughout the Tournament;
- e) To accept all arrangements made by RFYS for the conduct of the Event;
- f) To attend and participate in all Events as scheduled and organized by RFYS;
- g) To ensure that its Team reports at the venue well in time and at least an hour before the communicated starting time to ensure a timely start to the Event Day;
- h) To inform the Organizers as soon as practicable in case of an unavoidable delay and/or their inability to attend an Event due to Force Majeure. Whether the reason is reasonable and acceptable and whether the change can be accommodated shall be decided by the ACM at his sole discretion. If the reason is not recognized or deemed unacceptable the ACM can sanction the Participating Institute including with disqualification from the Event and/or other measures decided by him at his discretion;

- i) To accept the use and/or sub-license by RFYS of any of the records, names and images of its Players and Team Officials, including any still and moving representation thereof, which shall appear or be generated in connection with the Participating Institute and its Athletes and Team Officials in the Tournament.

8.3: Withdrawal, disqualification, arriving late, penalty for failing to participate and replacement

- a) Participating Institutes shall participate in all their Events in the Competition.
- b) If a athlete withdraws while still in contention in the Competition.
 - i.) An athlete qualified in a preliminary round of an event for further participation in that event but then failed to participate further; an athlete failed to compete honestly with bona fide effort. the relevant Referee will decide on this and the corresponding reference must be made in the official results;
 - ii.) A medical certificate, provided by and based on an examination of the athlete by the Medical Officer of the Organising Committee, may be accepted as sufficient reason to accept that the athlete became unable to compete after competing in a previous round but will be able to compete in further events on a subsequent day of the competition.
- c) If a Participating Team is disqualified during the Competition, all their athletes will also be disqualified and the results of all of its athletes will be declared null and void, and the points awarded forfeited.
- d) Other than in the case of Force Majeure recognized by RFYS, if a Participating Athlete fails to arrive at the venue by the scheduled time of event as per the schedule, then the other participants will continue the event without said participant.
- e) RFYS shall take whatever action it deems necessary in cases of Force Majeure.

SECTION 9 :

TEAM OFFICIALS & PLAYERS

9.1: Eligibility of Players

- a) A Player is eligible to play in the Tournament provided he/she fulfills the following conditions relevant to his/her relevant category of the competition:
- i. He/She fulfills the conditions set out in Rule 3.1;
 - ii. For "Sub Junior Girls" category, she should be student of class 7th-8th students and under 14 years (born on or after July 1, 2004) competing;
 - iii. For "Sub Junior Boys" category, he should be student of class 7th or 8th and under 14 years (born on or after July 1, 2004) competing;
 - iv. For "Junior Boys" category, he should be students of Class 9-10 and under 16 years (born on or after July 1, 2002) competing;
 - v. For "Junior Girls" category she should be students of Class 9-10 and under 16 years (born on or after July 1, 2002) competing;
 - vi. For "Senior Girls" category, she should be student of class 11th-12th students and under 18 years (born on or after July 1, 2000) competing;
 - vii. For "Senior Boys" Category, he should be student of class 11th or 12th students and under 18 years (born on or after July 1, 2000) competing;
 - viii. For "College Boys", he should be a student pursuing a undergraduate degree course in a college or university competing; and under 23 years (born on or after July 1, 1995)
 - ix. For "College Girls", he should be a student pursuing a undergraduate degree course in a college or university competing; and under 23 years (born on or after July 1, 1995)
- b) A Player is deemed ineligible if:
- i. He/ She does not fulfill the conditions set out in Rule 8.1.
 - ii. RFYS finds that any document submitted during registration is false.

9.2: Registration and Replacement of Players

- a) Every school will be entitled to enter only two athlete in each event, except in relay races where a team of maximum six athletes can be entered.
- b) List of Events Category Wise-
 - i. Senior, College (Boys & Girls) - 100m, 200m, 400m, 800m, 1500m, 5000m, High Jump, Long Jump, Triple Jump, Shot Put, 4x100m, 4x400m
 - ii. Junior (Boys & Girls) - 100m, 200m, 400m, 800m, 2000m, High Jump, Long Jump, Shot Put, 4x100m,4x400m
 - iii. Sub Junior (Boys & Girls) – 100m, 200m,400m,600m, High Jump, Long Jump, Shot Put, 4x100m
- c) The Participating Institute must identify and submit the names of all athletes that will be participating for all the events before the start of the tournament.
- d) An athlete can participate in maximum two individual track events and one field event or maximum one individual track event and two field events, excluding relay
- e) An athlete can enter in one or both the Relays.
- f) Each school will submit event-wise list of participating Athletes (detailed entry). The detailed entry list must be signed by the principal of the school concerned with seal.
- g) On the spot entry/changes will not be permitted.
- h) In a particular event, if the number of athletes is less than three the participants would only be given official certificates with time/distance/height mentioned. If the number of athletes are three or more than three the winners would be awarded medals and certificate both. Points would be included in Team championship only if the event has three or more participants.

9.3: Documentation for Registration of Players

- a) For the registration of Players, Players must be registered using the Player Registration Form with the supporting documents as mentioned in the form.
- b) Documentations for the registration of Players are, but not limited to, the following:

- i. Player Registration form;
 - ii. Color Copy of Birth Certificate and/or National ID (mentioning the birth date), which should preferably be an aadhaar card (unless the Player is a foreigner in which case a passport copy shall be submitted);
 - iii. Passport-size colored photo (taken within 6 months prior to the submission of the registration);
 - iv. Institute student identity card (in its original form as issued/attested by the Institute).
- c) Each column in the Player Registration Forms must be completed with correct information.
 - d) Any Form with missing information or documentation will not be accepted. All eligible Players will be issued with an official accreditation/identity card.
 - e) It is the responsibility of the Participating Institute to ensure that all forms and supporting documents are submitted within the deadline communicated by RFYS.
 - f) RFYS reserves the right to request for additional documents/information than those mentioned in clauses b) and c) above, if it deems it necessary.
 - g) All Players must carry their original ID (this ID shall be the same as a copy of which was submitted during the registration process) during the Competition for verification. Accreditation cards to students shall be given after the verification which shall be done at the registration desk at the relevant venue.

9.4: Registration and Replacement of Team Officials

- a) In each participating category, each Participating Team may register up to three (3) Team Officials, of which at least one must be designated as the Head Coach.
- b) Participating Teams may replace or add officials subject to maintaining the maximum limit of three (3) officials provided all necessary documents have been submitted.

9.5: Documentation for Registration of Team Officials

- a) For the registration of Team Officials, officials must be registered using the Team Official Registration Form.
- b) Documentations for the registration of Officials are, but not limited to, as following:

- i. Team Official Registration form;
 - ii. Passport-size colored photo (taken within 1 year prior to the submission of the registration);
 - iii. Color copy of National ID, which should preferably be an aadhaar card (unless the official is a foreigner in which case a passport copy shall be submitted);
 - iv. Coach's Institute identity card (in its original form as issued/attested by the Institute).
- c) Each column in the Team Official Registration Form shall be filled up with correct information.
 - d) Any Form with missing information or documentation will not be accepted. All registered Team Officials will be issued with an official accreditation/identity card.
 - e) It is the responsibility of the Participating Institute to ensure that all forms and supporting documents are submitted within the deadline communicated by RFYS.
 - f) RFYS reserves the right to request for additional documents/information than those mentioned in clause b) above, if it deems it necessary.

9.6: Size of Delegation Attending Competition City Level

- a) In each participating category, each Participating Institute is entitled to bring an official delegation ("Official Delegation") to the relevant venue, with two (2) athletes per category, per discipline. They can sign up three (3) Team Officials, who must all be registered as per Rule 4, for a City Championships stage event. This Rule needs to be strictly adhered to.
- b) The size of the Official Delegation allowed for National Championships events shall be notified to Participating Teams on their qualification to that stage.
- c) Participating Institutes, at their own cost, shall be allowed to invite guests and other spectators to watch the Match. For avoidance of doubt, the Participating Institute shall be solely responsible for the conduct and behavior of such guests/spectators.

9.7: Event Sheet

- a) Participating athletes must mark the names of their participating athletes who will be a part of the event and must be marked correctly in the Event sheet. This shall be done at least thirty (30) minutes before the start of the event.

SECTION 10 :

DISCIPLINARY PROCEDURES AND MEASURES

RFYS shall appoint a Competition Commissioner for each event or event day, one or more Athletics Competition Manager (ACM) and a Tournament Disciplinary Committee (TDC) to oversee disciplinary matters. Their disciplinary tasks and functions are defined below.

10.1: Disqualification

If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule which has been infringed.

1. If an athlete is disqualified in an event for an infringement of a technical Rule any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.
2. If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an athlete is warned for a second for acting in an unsporting or improper manner in an event, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous events shall be considered valid. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, (including individual events ,other events in which he is simultaneously participating and relays) in that competition. If the offence is considered serious, the Competition Director shall report it to the RFYS body for consideration of further disciplinary action.

10.2: Protest and Appeals

1. Protest concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the RFYS. Once the RFYS(s) make a decision, there shall be a right of appeal to the Jury of Appeal.
2. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.
3. Any protest shall be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted). To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the technical information Centre.
4. In a track event,
 - (a) if an athlete makes an immediate oral protest against having been charged with a false start, a track Referee may, if he is in any doubt, allow the athlete to compete "under protest" in order to preserve the rights of all concerned.
 - b) A protest may be based on the failure of the Starter to recall a false start or, to abort a start. the protest may be made only by, or on behalf of, an athlete who has completed the race. if the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification, shall be warned or disqualified. whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in his opinion justice demands it.
Note: The right of protest and appeal shall apply whether or not a Start Information System is used.
5. In a Field event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned. if the protested trial occurred:
 - (a) during the first three rounds of trials of a horizontal Field event in which more than eight athletes are competing, and the athlete would advance to the final three rounds of trials only if the protest or subsequent appeal was upheld; or

(b) in a vertical Field event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may, if he is in any doubt, allow the athlete to continue competing “under protest” to preserve the rights of all concerned.

6. The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.
7. An appeal to the Jury of Appeal must be made within 30 minutes:
 - (a) Of the official announcement of the amended result of an event arising from the decision made by the Referee; or
 - (b) Of the advice being given to those making the protest, where there is no amendment of any result. It shall be in writing, signed by the athlete, by someone acting on his behalf or by an official representative of a team and shall be accompanied by a deposit of Rs 1000/-, which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same round of the event to which the appeal relates (or are competing in a competition on which a team points score is being conducted).

Note: The relevant Referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the Referee was unable to communicate this orally to the relevant team(s) /athlete (s), the official time of the announcement will be that of posting of the amended result or of the decision at the TIC.

8. The Jury of Appeal shall consult all relevant persons. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
9. The Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the victory Ceremony for the applicable event subsequently by the Chairman of the Jury of Appeal to the RFYS.
10. The decision of the Jury of Appeal (or of the Referee in the absence of a Jury of Appeal or if no appeal to the Jury is made) shall be final and there shall be no further right of appeal.

SECTION 11 :

MISCELLANEOUS

11.1: Matters not provided for

- a) Matters not provided for in these Regulations and cases of Force Majeure shall be decided by RFYS whose decisions are final.
- b) RFYS shall have the right to delete, add or amend these Regulations.

RFYS adopted these Regulations on _8th June, 2017.

SECTION 12 :

AWARDS

12.1: Awards to Institutes

The following trophies shall be given at the city leg:

- Category Winner institute in each category in each city will be given category winner trophy and award money as decided by RFYS.
- Category Runner up institute up in each category in each city will be given certificate and award money as decided by RFYS.
- Best Athlete in each category in each city shall only be given best athlete trophy and certificate.

The following trophies shall be given at the National level:

- Category Winner institute in each category will be given category winner trophy and award money as decided by RFYS.
- Category Runner up institute in each category will be given certificate and award money as decided by RFYS
- Best Athlete in each category shall be given best athlete trophy and certificate.

Scholarship

- Selected athletes as per the criteria decided by RFYS shall be provided with RFYS scholarship.

All the award money shall be given to institutes on completion of national finals for which bank details after the conclusion of city leg and national final needs to be submitted by the winner and runner up institutes.

All the scholarship shall be given to selected athletes on completion of national finals for which bank details after the conclusion of national final needs to be submitted by the scholar athlete.

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