

**PESTA SUKAN 2022**  
**COMPETITION RULES & REGULATION**  
 Athletics & Para-Athletics

**1. Rules and Regulations**

The competition will be held in accordance with the Pesta Sukan 2022 General Rules and Regulations.

1.1 For technical questions on Athletics, they will be resolved in accordance with competition rules established by Singapore Athletic Association which follow closely to WA 2022 Competition Rules.

1.2 For technical questions on Para-Athletics, WPA 2020-21 rules will only apply to the U20 and Open category only.

**2. Eligibility & Registration**

2.1 Singaporeans and Residents of Singapore holding Employment Pass or S Pass can take part in this competition.

S/No	Category	Clarification
1	U6	<ul style="list-style-type: none"> <li>4 – 5 years old, calculate by birth year only.</li> </ul>
2	U9	<ul style="list-style-type: none"> <li>6 – 8 years old, calculate by birth year only.</li> </ul>
3	U11	<ul style="list-style-type: none"> <li>9 – 10 years old, calculate by birth year only.</li> </ul>
4	U13	<ul style="list-style-type: none"> <li>11 – 12 years old, calculate by birth year only</li> </ul>
5	U16	<ul style="list-style-type: none"> <li>13 – 15 years old, calculate by birth year only</li> </ul>
6	U18	<ul style="list-style-type: none"> <li>16 – 17 years old, calculate by birth year only</li> </ul>
7	U20	<ul style="list-style-type: none"> <li>18 – 19 years old, calculate by birth year only</li> <li>The athlete has to represent his/her corporate to score corporate points</li> </ul>
8	Open	<ul style="list-style-type: none"> <li>16 years old and above, calculate by birth year only</li> <li>The athlete has to represent his/her corporate to score corporate points</li> <li>Age 20 years old and below may compete in any event on this category should their ability allows except Shot Put and Discus.</li> </ul>
9	Corporate	<ul style="list-style-type: none"> <li>18 years old and above, calculate by birth year only</li> <li>The athlete has to be an employee of a corporate to be eligible for this category</li> <li>The athlete has to represent his/her corporate to score corporate points</li> <li>Corporate points will be calculated for Athlete representing corporate from U20, Open, Corporate and Masters' category.</li> </ul>
10	Masters	<ul style="list-style-type: none"> <li>35 – 39 years old, 40 – 44 years old, 45 – 49 years old, 50 – 54 years old, 55 – 59 years old, 60 - 64 years old, 65 – 69 years old, 70 years old and above calculate by birth year only</li> <li>The corporate athlete that belongs to this age group is eligible to participate</li> <li>The athlete must represent his/her corporate to score corporate points</li> <li>Corporate athlete points will be score for Overall Corporate Score</li> </ul>

S/No	Category	Clarification
1	Para U11	• 9 – 10 years old, calculate by birth year only.
2	Para U13	• 11 – 12 years old, calculate by birth year only.
3	Para U15	• 13 – 14 years old, calculate by birth year only.
4	Para U17	• 15 – 16 years old, calculate by birth year only
5	Para U20	• 17 – 19 years old, calculate by birth year only

## 2.2 Para Categories:

There will be **NO** further categorisation or classification of the various impairments (Intellectual, Visual, Physical and Deaf) for this competition. Participants **MUST** submit a copy of their certified report by a medical practitioner with the entry.

2.2.1 **II - Intellectual Impairment** - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive, and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

### Eligibility for this category:

- A person certified by a medical practitioner to have an IQ of 75 or below,
- Significant Limitations in adaptive behaviour
- The impairment must have been present before the age of 18.

2.2.2 **VI - Visual Impairment** - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication, or operation.

### Eligibility for this category:

- A person certified by a medical practitioner to have damage to one or more of the components of the vision system, which can include:
  - o Impairment of the eye structure/receptors
  - o Impairment of the optic nerve/optic pathways
  - o Impairment of the visual cortex

Participants can compete **with** or **without** a guide. The use of **tether is mandatory** but **not blindfold**.

2.2.3 **PI - Physical Impairment** - Refers to either a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

### Eligibility for this category:

- Participants who compete standing without any assistance. Participants in wheelchairs.

2.2.4 **D - Deaf** – Refer to a partial or total inability to hear, little to no hearing, may occur in one or both ears.

### Eligibility for this category:

- A person certified to have at least 55 dB per tone average in the better ear.

### 3. Event Venue & Schedule

All competitions will be held at the Home of Athletics, 52 Stadium Road, on 30 & 31 July, 6 & 7 August 2022.

Date	Timing	Competition Stage
Sat, 30 Jul	8.30 am to 7 pm	Home of Athletics
Sun, 31 Jul	8.30 am to 7 pm	Home of Athletics
Sat, 6 Aug	8.30 am to 7 pm	Home of Athletics
Sun, 7 Aug	8.30 am to 7 pm	Home of Athletics

Note: All above may change when the entries are finalised

### 4. Categories and Events

4.1 The list of events per category as follow:

#### U6, & U9

S/No	Event
1	Youth Multi Event (60m, 5m Run up Long Jump, Overhand Throw [Turbo Javelin])
2	4 x 50m Parent and Child Shuttle Mixed Relay

#### U11

S/No	Event
1	Youth Multi Event (80m, 10m Run Up Long Jump, Overhand Throw [Turbo Javelin])
2	4 x 50m Parent and Child Shuttle Mixed Relay

#### U13

S/No	Event
1	Youth Multi Event (80m, 10m Run Up Long Jump, Overhand Throw [Turbo Javelin])
2	4 x 50m Parent and Child Shuttle Mixed Relay

#### U16

S/No	Event
1	Youth Multi Event (100m, Long Jump, 100m Hurdles [0.762m], Javelin [500g], 800m)

**U18**

S/No	Event
1	100m
2	200m
3	400m
4	1500m
5	1500m race walk
6	Triple Jump
7	Javelin
8	4x100m Mixed Relay

**U20**

S/No	Event
1	100m
2	200m
3	400m
4	1500m
5	1500m race walk
6	Long Jump
7	Discus
8	4x100m Mixed Relay

**Open**

S/No	Event
1	100m
2	200m
3	400m
4	800m
5	1500m
6	Shot Put
7	Discus
8	Javelin
9	High jump
10	Pole Vault
11	Long Jump
12	Triple Jump
13	110m Hurdles (Men)
14	100m Hurdles (Women)
15	400m Hurdles
16	4x100m Relay
17	4x 400m Mixed Relay
18	20 x 200m Mxed Relay (by invitation only)
19	1500m race walk

**Corporate Open**

S/No	Event
1	100m
2	4 x 100m Mixed Relay

## Masters

S/No	Event
1	100m
2	400m
3	1500m
4	1500m Race Walk
5	Long Jump
6	4x100m Relay
7	4x400m Mixed Relay

- 4.2 For the Para group, the **minimum** entry age is 9 years old. Age is calculated by birth year only. A participant can enter a maximum of **two(2)** events.

### U11

Age	Intellectual Impairment (I.I.) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
9 & 10 years old	50m, Run Step Jump		

### U13

Age	Intellectual Impairment (I.I.) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
11 & 12 years old	50m, Run Step Jump		

### U15

Age	Intellectual Impairment (I.I.) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
13 & 14 years old	80m, Long Jump		

### U17

Age	Intellectual Impairment (I.I.) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
15 & 16 years old	100m, Long Jump		

### U20 and Open

Age	Intellectual Impairment (I.I.) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
17 to 19 years old	100m, 400m, Long Jump		

## 5. Competition Format - Field Events

The order of attempts is by start list unless otherwise decided by the Referee. For the horizontal field event, **2 trials** will be awarded. The best 8 performances after the first 2 trials will be awarded additional **2 more trials**.

Except for the **Open** category, **3 trials** will be given, best 8 performances after the first 3 trials will be awarded additional **3 more trials**.

For the **Youth Multi Event**, **2 trials** will be awarded.

For **ALL** field events in Para-Athletics, competitors will be given **3 trials only**. All measured.

### 5.1 Height Progression

#### 5.1.1 High Jump

##### Men

Competition heights: 1.30m progress 5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining. There will be jump off.

##### Women

Competition heights: 1.20m progress 5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining. There will be jump off.

#### 5.1.2 Pole Vault

##### Men

Competition heights: 3.00m progress 20cm until left with 3 athletes remaining, progress 10cm until 2 athletes remaining and 5cm for 1 athlete remaining. There will be jump off.

##### Women

Competition heights: 2.20m progress 20cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining. There will be jump off.

### 5.2 Technical Specification for Throws

Category	Men Shot Put	Women Shot Put	Men Discus	Women Discus	Men Javelin	Women Javelin
U18	-	-	-	-	700g	500g
U20	-	-	1.75kg	1.0kg	-	-
Open	7.26kg	4.0kg	2.0kg	1.0kg	800g	600g

### 5.3 Triple Jump

Gender	Men	Women
Take off board	9.0m	7.0m

- 5.4 Events with less than **three**(3) confirmed entries will be cancelled except for the **Masters** and **Para** categories.

## 6. Competition Format - Track Events

- 6.1 Competitors shall take their lanes in the order indicated in the start list. For the **Para-group**, the crouch-start and start block are **mandatory** for U18, U20 and Open. Starting blocks usage will be optional for U6, U9, U11, U13 and Masters categories.
- 6.2 Mixed relay is to be conducted in a fixed order of athletes with different gender using the following order (Man, Women, Man and Woman) to avoid gender imbalance.

## 7. Reporting

- 7.1 All competitors shall report to the Call Room Judges before the commencement of any event.

	Report to Call Room	Depart to competition site
Track	40 mins before the start of the event	10 mins before the start of the event
Field	45 mins before the start of the event	30 mins before the start of the event

- 7.2 Competitors **will not** be allowed to compete if he/she reports to the start line or competition site directly without first reporting to the Call Room Judges.
- 7.3 Competitors **MUST** present some form of identification (NRIC, Driving Licence, Employment pass etc.) for verification when necessary. Failing this, he/she will not be allowed to compete in the competition, or the result will not be valid. **Corporate** competitors will need to further produce proof of employment via a picture of employment letter or an employee pass.

## 8. Disqualification

- 8.1 Individual or team may be disqualified in the event of either fielding ineligible participant or unruly conduct of participant.
- 8.2 The Organisers reserve the right to disqualify the team/ participant at their discretion and take further disciplinary action that could be in the form of the ban in Games.

## 9. Equipment and Attire

- 9.1 Participants **must** wear attire bearing the logo and/ or name if registered under an organization or school. For independent athletes, wear proper running attire.
- 9.2 Starting blocks and implements will be provided. Personal throwing implements may be used, provided it is handed over to the organisers for verification one session earlier and shared by, other competitors, if they desire to use them during competition

## 10. Games Jurisdiction

- 10.1 The Organisers reserve the right to interpret or amend the rules and regulations at any time. Notifications of such changes will be posted on the event's website. All participants are advised to visit the website for any notices or updates to draws or fixtures.

## 11. Protests and Appeals

- 11.1 Protests concerning the results or conduct of an event shall be made within **30 minutes** of the official announcement and must be made verbally to the Referee.

- 11.2 In a Track event, if an athlete makes an immediate oral protest having been charged with a false start, a track Referee may, if he is in any doubt, allow the athlete to compete “under protest” to preserve the rights of all concerned.
- 11.3 In a Field event, if an athlete makes an immediate oral protest 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, to preserve the rights of all concerned.
- 11.4 While reasonable precautions will be taken, the Organisers and third-party vendors will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during this competition.

## **12. Prizes**

- 12.1 Medals will be given to the top **three** positions for individual and team event.