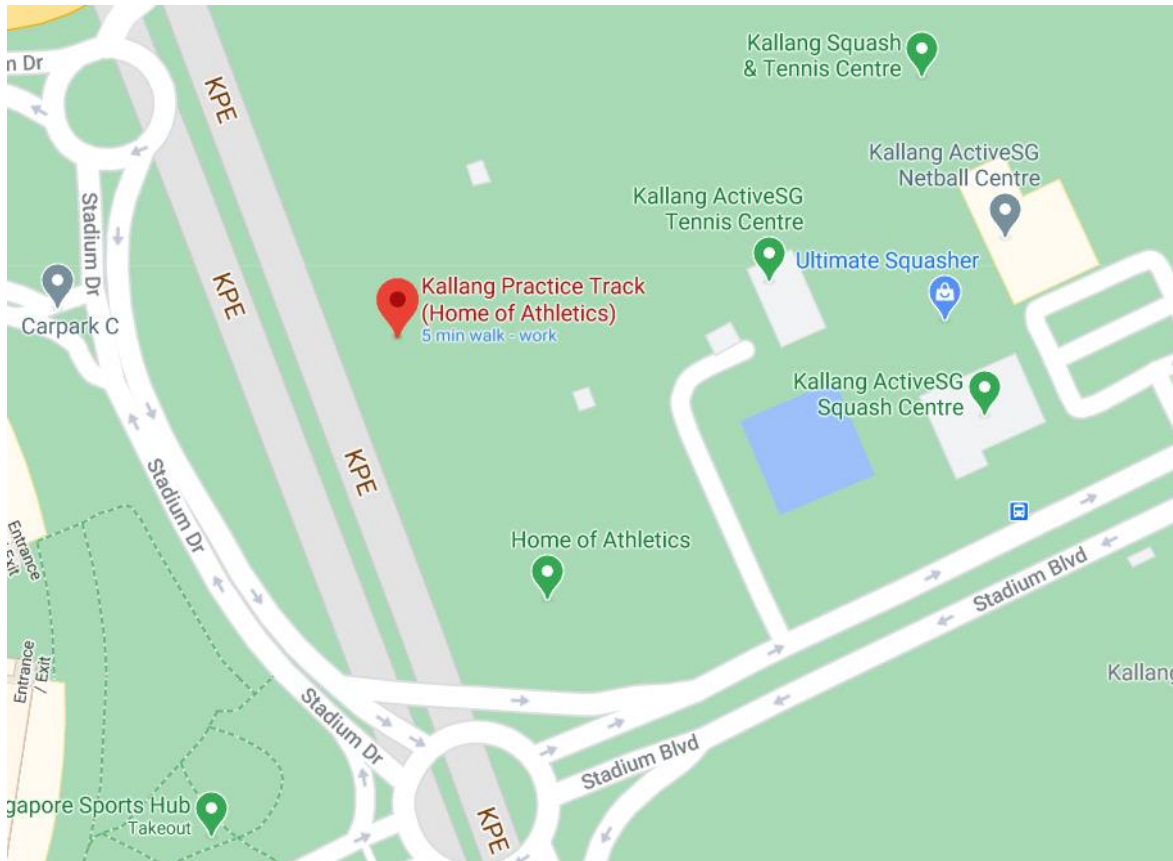


SA Inter Club Championships 2022

Date : Saturday & Sunday, 29 and 30 Oct 2022
Time : 0800 hrs
Venue : Home of Athletics (Kallang Practice Track)
Address : 52 Stadium Rd, Singapore 397724



How to get there : **Bus – 11 alight at Kallang Squash Centre**
Bus – 10, 14, 14A, 16, 16M, 70, 70A, 70M, 196 alight at National Stadium
Bus – 10, 11, 12, 14, 14M, 16, 16M, 31, 32, 33, 158, 158A, 196 alight at Mountbatten Road Opp. S.A. Deaf
Train – Circle Line Stadium MRT Exit B
Car – GPS <https://goo.gl/maps/kTxkAVWoNhiDyHSu7>

Category : OPEN: (Minimum age: 16)
– those born in the year 2006 & below

***Registration for Full Member and Associate Member only**

Participating events : Please refer to Appendix A

Competition schedule: Please refer to Appendix B

Entry Fees : **S\$12.00 (Full Member)**
S\$15.00 (Associate Member)

(Before 5 working days of the event date)

Late Entry Fees : **S\$24.00 (Full Member)**
S\$30.00 (Associate Member)

Bib Replacement : **S\$5.00 per set**

Eligibility : **All Singaporeans, permanent residents and visa holders residing in Singapore**

Closing date: Friday, 14 Oct 2022

Rules & Regulations :

- 1) Only SAA Full Member and Associate Member are eligible to participate. All athletes entering must be affiliated with that club*
- 2) Each Club may enter up to 3 individuals for each event, 1 team for every relay event*
- 3) Each athlete may enter up to 3 individual events and 2 team relay events*
- 4) Once athlete's name is submit for club's team list, affiliated athlete will need to represent this club throughout the competition*

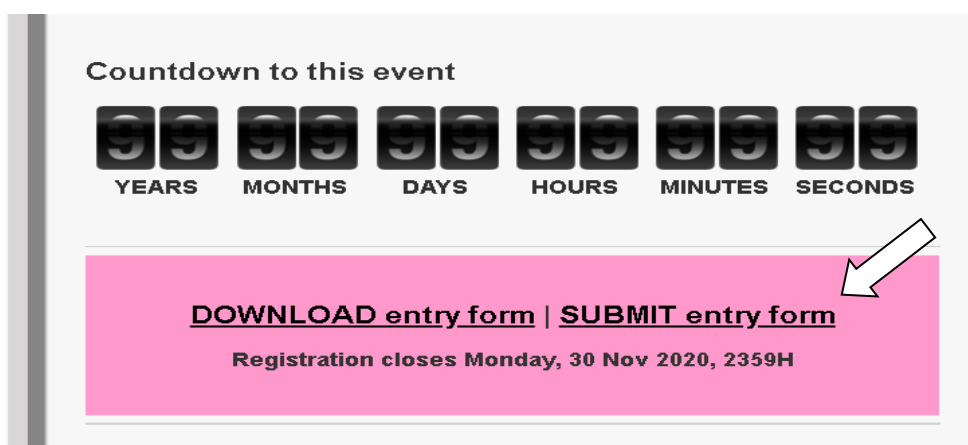
- 5) *Should athlete belong to educational institution or other organization (e.g. SAF, Police or company), the athlete will take representation precedence over their athletics club*
- 6) *Athlete contracted with an organization (e.g. SAF, Police or company) and belongs to an educational institution or local athletics club due to study (e.g. Signed on organization participant, but disrupt for studies, must represent signed on organization), the athlete shall represent his/her organization during the competition*
- 7) *Should athlete's educational institution or other organization (e.g. SAF, Police or company) do not enter he/she as part of their team list, the athlete is allow to represent local athletics club upon approval from their educational institution or other organization*
- 8) *Educational institution or organization (e.g. SAF, Police or company) will also need to state legitimate reason for approving athlete to represent local athletics club*
- 9) *Only Singaporean, Permanent Resident is eligible to participate in this competition, except rule 10 and 11*
- 10) *Foreign full term fee paying/scholarship student are eligible to participate in this competition*
- 11) *Foreigner with at least 1 year of work permit are eligible to participate in this competition, a copy of work permit will need to be submit upon registration*
- 12) *Foreign exchange student are not eligible to participate in this competition*
- 13) *Unattached athlete is not eligible to participate in this competition*
- 14) *Alumni of educational institution or organization is not eligible to participate in this competition, they will need to join an athletics club*

- 15) SA reserved the right to seek educational institution, organization and club to produce athlete's service period, study academic period and membership for verification*
- 16) Should educational institution, organization and club fail to produce relevant documentation to justify athlete's eligibility, athlete's prior result, medal, prize and points will be void*

HOW TO REGISTER

Submission of entries can be done by:

1. Online:



2. Click the link above and upload your entry form for submission
3. All proper entries must reach us **BEFORE** the stipulated closing date
4. All late entries **WILL NOT** be entertained
5. Strictly **NO** changing of category and event once the final start list is published
6. SA will send an acknowledgement via email upon receiving of entries. Hence, please ensure that a valid email address is submitted in your entry form
7. Kindly inform SA immediately if you do not receive any confirmation within **3 WORKING DAYS** of your submission of entries.
8. Only **EXCEL (.XLS)** file format entry form will be accepted
9. Improper entry form data will not be accepted
10. Entry data only allow 1 event per athlete per row

11. Personal best and season best filled for seeding purpose
12. For a foreign athlete or team's participation, will need to produce a sanction letter from your country athletics member federation and send it to events@athletics.sg
13. There will be no refund of entry fees for any withdrawal/ no-show/ poor weather condition after the closing date
14. SA reserved the rights to the final decision on all matters about the event
15. SA reserved the rights to invite athletes out of qualifying mark to fill up the number of participants for the event less than 3
16. If the event is postponed, re-registration will be required for the new event date

PAYMENT

- **For athletes from Full Member & Associate Member** – SA will invoice your respective affiliate and associate club for payment. Do not make a payment transfer to SA for your entry

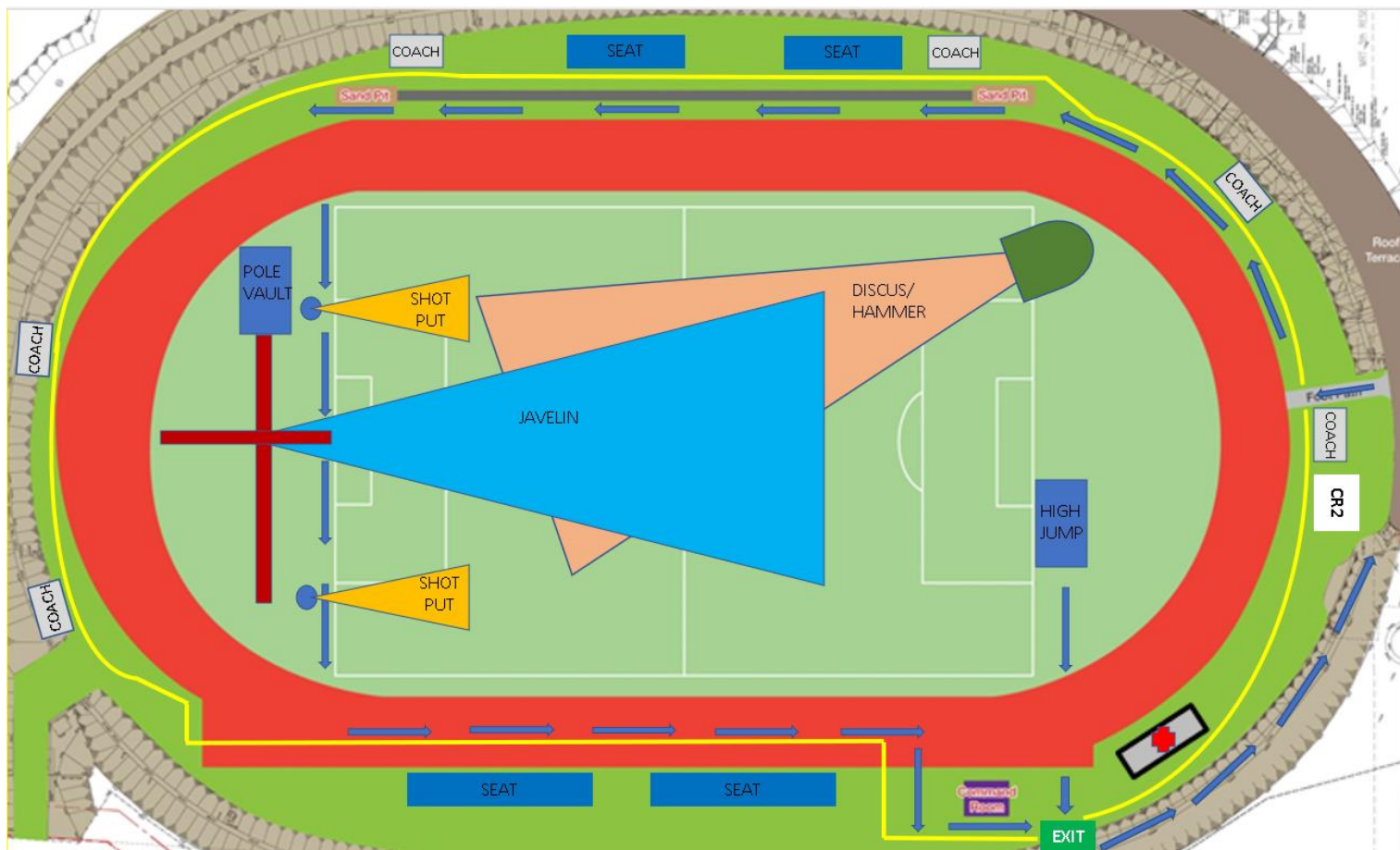
CONDITIONS

1. Event with less than three (3) entries received at the closing date will be cancelled
2. The athlete must indicate his/her season & personal best performance in the entry form
3. The athlete is allowed to represent only 1 team for the event/events he/she participates in
4. Start list timing is to be used as a guide only, athletes and team managers are responsible to check the reporting timing of their event and report to the call room accordingly
5. The start list can be downloaded from <http://www.singaporeathletics.org.sg/>. Results can be viewed online.
6. Please collect the number tags from the SAA Administration Counter at the competition venue at least 90 mins before the session

7. PROTEST AND APPEAL

- Protest concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result
- Protest can be made orally to the referee by an athlete or team manager of the team
- Appeal concerning the results or conduct of the event shall be made **30 MINS** within the official announcement/published of the result

- An appeal shall be in writing, signed by the athlete and the team manager or in charge accompanied by a deposit of **\$150.00SGD** or equivalent, which will be forfeited if an appeal is not successful. If the appeal is upheld the deposit will be returned in full



8. VENUE ACCESS

- Coaches are allowed to access the venue, but do not enter the D area or track lanes during competition

9. TRACK EVENTS

- All athletes shall report to the Call Room 1 Judges **30 MINS** before the Start of each event
- Should the athlete feel uncomfortable after warming up, he/she should inform Call Room Judge immediately to withdraw from the event
- The athlete **will not** be allowed to compete if he/ she reports to the Starter directly without first reporting to the Call Room Judge
- The athlete can choose to use a personal starting block if they do not want to use the starting block provided, they will need to submit it to the Technical Manager 1 hour before the event and collect it back after the event

10. FIELD EVENTS

- **Horizontal Jumps and Throws** competitors shall report to the Field Judges **40 MINS** before the Start of each event
- Personal throw implement must submit to Technical Manager for inspection 1 hour before the event start
- **Pole Vault** competitors shall report to the Field Judges **85 MINS** before the Start of each event
- **High Jump** competitors shall report to the Field Judges **55 MINS** before the Start of each event
- Field Event Starting Height
 - HJ Men – 1.60m, Practice 1.60m, 1.85m & 2.05m
 - HJ Women – 1.30m, Practice 1.30m, 1.50m & 1.75m
 - PV Men – 3.40m, Practice 3.40m, 4.20m & 4.80m
 - PV Women – 2.40m, Practice 2.40m, 3.00m & 3.40m
- Vertical Height Progression
 - HJ Men – 1.60m +5cm till 4 participants, +3cm till 2 Participants +2cm
 - HJ Women – 1.25m +5cm till 4 participants, +3cm till 2 Participants +2cm
 - PV Men – 3.40m +20cm till 4 participants, +10cm till 2 Participants +5cm
 - PV Women – 2.80m +20cm till 4 participants, +10cm till 2 Participants +5cm
- TJ
 - Board Men –11m
 - Board Women –9m

11. PRIZES

- Trophies will be awarded to the Men's Champion, Women's Champion and Overall Champion
- Top 8 Clubs will be award prize money at the end of the competition
- Club Prize Money

Position	Prize Money
1st	\$2,000
2nd	\$1,500
3rd	\$1,000
4th	\$900
5th	\$800
6th	\$700
7th	\$600
8th	\$500

- Prize Money for Individual podium finish

Position	Prize Money
1st	\$80
2nd	\$50
3rd	\$30

- Prize Money for Relay podium finish

Position	Prize Money
1st	\$160
2nd	\$120
3rd	\$80

Scoring:

- Points Scoring Table for Individual and Team event

Position	Individual Points	Relay Points
1st	9	18
2nd	7	14
3rd	6	12
4th	5	10
5th	4	8
6th	3	6
7th	2	4
8th	1	2

12. SHOES

- The ruling applies to all events across all age groups, the practical difficulties in checking shoes at many events make it probable that detailed checks will only be carried out where Technical Officials or event organizers have doubts about the compliance of the footwear of an athlete, or where such reasonable doubts are brought to their attention.
- Primary responsibility for conformity lies with the athlete. Spot checks may be carried out.
- The list of currently approved shoes can be found at:
[https://worldathletics.org/download/download?filename=55456937-e187-4b41-9dbc-a678e4bb4236.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20\(as%20at%209%20September%202022\)](https://worldathletics.org/download/download?filename=55456937-e187-4b41-9dbc-a678e4bb4236.pdf&urlslug=World%20Athletics%20Approved%20Shoe%20List%20(as%20at%209%20September%202022))
-
- The Referee and Technical Officials on duty at the event will be responsible for applying the rule. This may be through observation, spot checking, checking through a Call Room or by protest from other competitors.

- At events where a Call Room is being operated then all checks will be conducted in the Call Room. At other events, the Referee and other Technical Officials will take the responsibility to conduct checks, largely determined by observation and protests lodged by other competitors.
- The first check will be to see if the model in question is included on the WA lists of compliant and non-compliant shoes. If that does not resolve the check then it will be necessary to examine the shoe and measure the thickness of the sole.
- The table below shows the thickness of sole currently allowed across the complete range of athletics events.
- To ensure that the most up to date guidance and rulings are followed then check the WA website at: [https://www.worldathletics.org/download/download?filename=8728ad5a-61ee-4b04-9156-af26378d17e2.pdf&urlslug=C2.1%20-%20Technical%20Rules%20\(amended%20on%2031%20January%202020\)](https://www.worldathletics.org/download/download?filename=8728ad5a-61ee-4b04-9156-af26378d17e2.pdf&urlslug=C2.1%20-%20Technical%20Rules%20(amended%20on%2031%20January%202020))
- Ensure self-checking of shoe guidelines, should there be protest after the competition and found valid infringement, disqualification will be given.

Event	Max thickness of the sole	Further rule requirements
Field events (except triple jump)	20mm	Applies to all throwing events and vertical and horizontal jumping events, except triple jump. For all field events, the sole at the centre of the athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Triple jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at the centre of the athlete's heel
Track events (including Hurdles events) up to but not including 800m	20mm	For relays, the rule applies to the distance of the leg being run by each athlete
Track events from 800m and above (including steeplechase events)	25mm	For relays, the rule applies to the distance of the leg run by each athlete. For race walking events the maximum thickness of the sole is the same as that for road events
Road events (Running and Race Walking events)	40mm	
Cross country	25mm	