



**INSTITUTE-VARSITY-POLYTECHNIC  
GAMES AY 2022/23 TRACK & FIELD  
CHAMPIONSHIP  
RULES & REGULATIONS**

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This document shall cover the following topics:

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1. CHAMPIONSHIP INFORMATION

The competition shall be held at the following date, time and venue.

Date: 4, 7 and 8 Jan 2023

Time: Please refer to the attached competition schedule

Venue: Home of Athletics

6 Stadium Blvd, Singapore 397797

2. LAWS OF THE GAME

The Institute-Varsity-Polytechnic (IVP) Track & Field Championships shall be held in accordance with the existing rules and regulations of World Athletics (WA; formerly known as the International Association of Athletics Federations (IAAF)) under the auspices of Singapore Athletic Association (SAA).

3. REPRESENTATION

3.1 Each institution may register students for the Championships in accordance with IVP Council rulings on eligibility to participate in IVP competitions.

3.2 Each institution may register a maximum of **two** competitors and **two** reserves for each individual event and **one** team for each relay event.

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3.3 Each student representative may participate in a maximum of **three** individual events and **any number** of relays.

3.4 Substitution(s) can be made from registered reserves during the timed finals / heats. Upon qualification; there will be no substitution except in the relay events.

3.5 Should there be more than eight entries for events run in lanes, heats shall be conducted except for 400m hurdles and 4 X 400m.

3.6 For events that require two heats, the participants in the top two places of each heat shall qualify for the finals, with the next four fastest participants (from either heat).

3.7 For events that require three heats, the participants in the top two places of each heat shall qualify for the finals, with the next two fastest participants (from either heat).

3.8 There should be no two athletes of the same institution running in the same heat.

3.9 An athlete shall be excluded from participation in all further events in the competition of the day, including relay, in cases where:

- A final confirmation (through the listing of the participant in the start list) was given that the athlete would start in an event but failed to participate.
- He/she qualified in a preliminary round of an event for further participation in that event but then failed to participate further.

3.10 Participants shall report to the competitor's steward/call room at least three events prior to the event in which he/she is listed to compete in. Announcements may not be made for this. In the event of consecutive events, participants are allowed to report earlier.

3.11 Any alteration of entries will not be allowed after the verification of the start list. Substitution will be allowed on the day of the competition and can be done on the spot at Counter 1/Call room as per reporting time for all athletes. Reserve must be registered and in the IVP 2023 Athlete Roster.

#### 4. COMPETITION EVENTS

4.1 The following shall be the **individual** events in the Championships. There shall be a Men's and Women's event for each of the individual events, unless stated otherwise:

- Triple jump
- High jump
- Long jump
- Discus throw
- Shot put
- Pole vault (men)
- Pole vault (women)
- 10,000m (men)

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- 10,000m (women)
  - 5,000m
  - 3,000m race walk (men and women)
  - 3,000m steeplechase (men)
  - 3,000m steeplechase (women)
  - 1,500m
  - 800m
  - 400m hurdles
  - 100m hurdles (women)
  - 110m hurdles (men)
  - 100m
  - 200m
  - 400m

4.2 The following shall be the **relay** events in the Championships. There shall be a Men's and Women's event for each of the individual events, unless stated otherwise:

- 4 x 100m
- 4 x 400m

4.3 Events with less than three entries will be cancelled.

4.4 For events with three entries but represented by less than three institutions, the results will not be counted to the championship points.

## 5. SUBMISSION OF ENTRIES

5.1 We seek your cooperation that the entry forms from each institution are submitted via email to Jegathesh Arumugam <jegathesh@sim.edu.sg> by Wednesday, 14 Dec 2022, 5.00pm.

5.2 The Championship's start list shall then be generated, and be sent via email to the competing institutions by Tuesday, 20 Dec 2022.

5.3 Following that, the start lists are to be checked and verified by each institution by Saturday, 24 Dec 2022, 5.00pm. After this, all entries shall be taken to be verified and finalized.

5.4 The finalized start list shall then be sent to the competing institutions via email by Tuesday, 27 Dec 2022.

## 6. DRAW FOR LANES

6.1 The draw for lanes/order of trials for all events shall be held before the programme is printed and this will be done by the SA. Allocation heats/lanes will be random with no two athletes from the same institution running in the same heat.

6.2 Should a lane be made available on the day of the Championships due to

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a scratch, the convenor reserves the right to reassign participants to different lanes at random.

6.3 Should such a scratch result a lower number of races being needed to determine the winners, the convenor reserves the right to reassign participants to different races of the same event at random.

6.4 In the event where less than eight athletes report for the heats (for events with heats), the finals shall be run in its place.

## 7. FIELD EVENTS

7.1 Competitors shall take their trials in the order indicated in the start list unless the Referee alters that order. All competitors shall be given 3 trials and the best 8 competitors another 3 attempts (except High Jump and Pole Vault).

7.2 The following jump heights shall be used:

<b>Events</b>	<b>Pole Vault</b>	<b>High Jump (Men)</b>	<b>High Jump (Women)</b>
Practice Heights	2.10m & 3.40m	1.40m & 1.60m	1.10m & 1.40m
Starting Heights	2.20m	1.40m	1.10m
Remarks	Height increment of 20cm to 4.0M, after which increment of 10cm.	Height increment of 5cm to 1.70m, after which increment of 3cm.	Height increment of 5cm to 1.35m, after which increment of 3cm.

7.3 For the triple jump events, the following shall be the take-off board's distances from the nearer end of the landing area:

- Triple jump (men): 9m and 11m
- Triple jump (women): ~~7m~~ 8m and 9m

7.4 The following shall be the minimum distances for the throws:

<b>Events</b>	<b>Men</b>	<b>Women</b>
Discus	20m	17m
Javelin	26m	12m
Shot Put	8m	4.5m

## 8. EQUIPMENT/SPECIFICATIONS

8.1 The heights for Hurdles and the weights of implements for all throwing events shall be those used by Men and Women in the Open categories. Competitors shall be allowed to use their own implements, with the approval from the SA. All equipment must be sent to SA for approval 1 week before the

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actual competition.

8.2 List of approved shoes is listed as per Appendix A - Appendix A - World Athletics Approved Shoe List (as at 26 November 2022).

8.3 Shoes not listed in Appendix A, a declaration will have to be made with form as per Appendix B - Athlete Shoe Declaration Form. This must be submitted when the athlete reports to Counter 1/Call Room. The athlete can compete with the shoe but the shoe will still have to be identified with World Athletics through Singapore Athletic Association.

## 9. POINT ALLOCATIONS

9.1 For individual and relay events, points will be awarded to the competing institutions based on the finishing positions of its athletes, as in the table below.

	Race finishing position							
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
<b>Individual Events</b>	9	7	6	5	4	3	2	1
<b>Relay Events</b>	16	12	10	8	6	4	2	1

9.2 In timed finals events where two or more different participants finished at the same timing, both should declare the same position including first placing.

9.3 If participants in field events are tied for any place after all count backs have been applied, an equal placing will be declared.

9.4 All participants with equal placing will be given same placing score. For example, two individual athletes in 5<sup>th</sup> position will both be awarded 4 points.

## 10. OVERALL CHAMPIONS

10.1 The total number of points awarded to each institution based on the table above will be used to determine the Champions (for Men's, Women's and Overall), runner-up and second runner-up. The institution amassing the most points would be the champion, and so on.

10.2 Should there be a tie in points between two or more competing institutions, the team with the higher/highest number of 1<sup>st</sup>-place finishes will be ranked higher/highest. Should the tie still occur, the team with the higher/highest 2<sup>nd</sup>-place finishes will be ranked higher/highest, and so on.

## 11. PARTICIPANTS' ATTIRE

11.1 Participants must be dressed in the attire (at least the top) of the institution that they are representing. The relay team must be uniformly attired.

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11.2 Number bibs shall be provided by the organizer and all participants shall display them prominently on the front and back of their running vests, except for participants competing in high jump and pole vault events who shall display their number bibs prominently only on the front.

11.3 In the event a participant loses his/her number bib, their convenor(s) is/are to get it replaced with a bib displaying the same assigned numbers on their own means

11.4 In the relay events, participants should display their institution's number bib on the front of and their own number bib on the back of their running vests.

## 12. PROTEST PROTOCOL

12.1 Any verbal appeal must be followed by written appeal, validated by the institution's staff.

12.2 In the event of an appeal, the Meet Director shall appoint / convene a Jury of Appeal (comprising of a minimum of three neutral members from both SA and the IVP Council) to assess the appeal.

12.3 The Jury of Appeal shall meet within 3 working days upon being called. In the event that the Jury of Appeal does not meet within the prescribed time, no further action will be taken and the Referee's decision will be considered final.

## 13. WET-WEATHER PROTOCOL

13.1 If heats are cancelled due to inclement weather and rescheduling is not possible:

- With less than 50% of the heats for an event completed, there will be no final result for the event; or
- With at least 50% of the heats for an event completed, the results from the completed heats will stand for the event and medals awarded. However, the final result will not be counted to championship points.

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